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MARCH 2018
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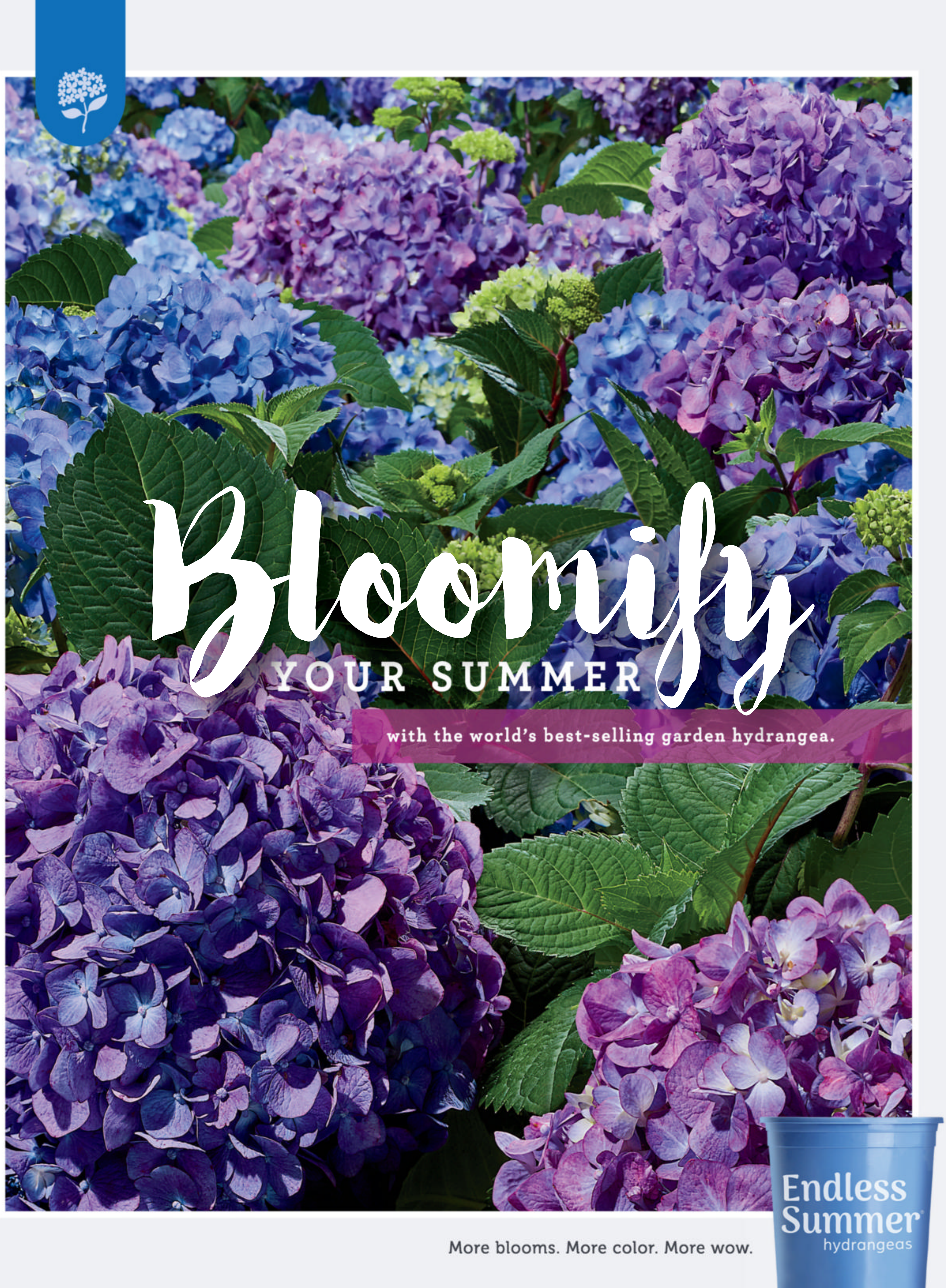
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Martha’s March

GENTLE REMINDERS, HELPFUL TIPS, AND IMPORTANT DATES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 PURIM ENDS AT SUNDOWN Start flower seeds for cutting garden *Cardio and core*	2 *Today* show appearance QVC appearance (check local listings) *Weight training*	3 *Martha’s Flowers* book event at Art in Bloom, at the Saint Louis Art Museum
4 Test garden soil for nutrients and fertilize perennial beds	5 Attend VinExpo event in NYC with Martha Stewart Wine Co. *Weight training*	6 Truman’s birthday *Yoga*	7 QVC appearance (check local listings) Prune roses to remove winterkill	8 Jude’s birthday *Cardio and core*	9 Make birthday cakes for grandkids *Weight training*	10 Celebrate Jude’s and Truman’s birthdays
11 DAYLIGHT SAVING TIME BEGINS QVC appearance (check local listings)	12 Repot orchids after blooming *Weight training*	13 Wash cars and clean upholstery *Yoga*	14 Rotate houseplants to ensure even sun exposure	15 QVC appearance (check local listings) Plant peas *Cardio and core*	16 Bake Irish soda scones (see page 22) *Weight training*	17 ST. PATRICK’S DAY
18 Remove any winter leaves from beds	19 Touch up paint on house trim *Weight training*	20 FIRST DAY OF SPRING *Yoga*	21 Hand-wash winter sweaters and store them	22 Schedule pets’ Lyme-disease and heartworm booster shots *Cardio and core*	23 Remove storm windows, wash sashes, and replace screens *Weight training*	24 Schedule post-winter spa appointments
25 Morning hike	26 Harvest Meyer lemons to make marmalade (see page 72) *Weight training*	27 Plant sweet peas *Yoga*	28 Decorate eggs with Jude and Truman	29 Have winter coats dry-cleaned *Cardio and core*	30 GOOD FRIDAY PASSOVER BEGINS AT SUNDOWN	31 Horseback ride

> “After the last bloom fades, I repot epiphytic orchids that have outgrown their containers so that they will continue to thrive. I carefully remove the plant, loosen the roots (clipping off any dead or shriveled ones), and repot with a fresh orchid bark mix.” *–Martha*

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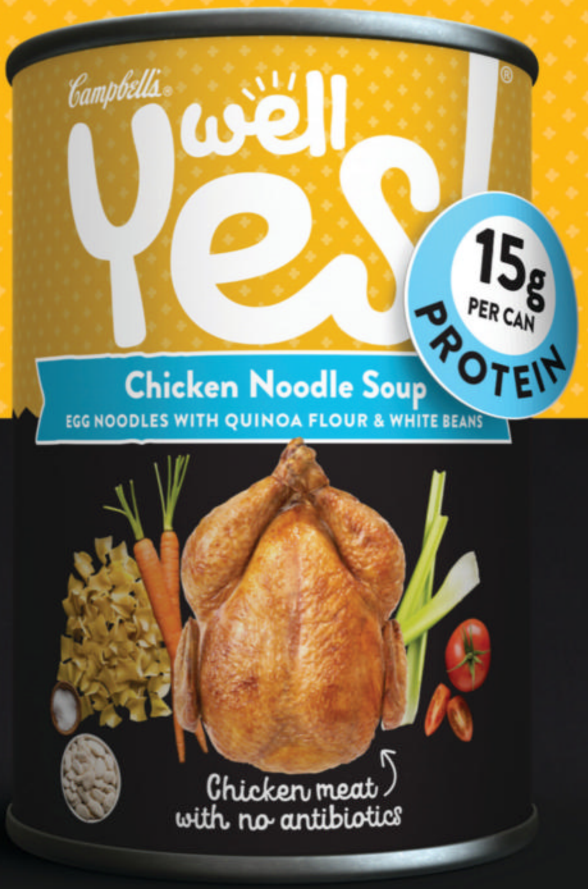
A good source of protein, a great source of lunch.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MARCH 2018

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Lovely Lemons

The sunny citrus fruit adds sparkle and zing to a host of spring dishes.

JOHNNY MILLER (PASTA); ERIC PIASECKI (BATHROOM)

MARCH 2018

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Living
Spring Ahead

| **ON THE COVER** |

There's nothing timid about these wallflowers: At Martha's farm in Katonah, New York, an American folk art wrought-iron stand explodes with tulips from her greenhouse. Photograph by José Picayo.

RAYMOND HOM (PORTRAIT); PETER ARDITO (SPOONS); YASU + JUNKO (TABLEAU); SIDNEY BENSIMON (CAULIFLOWER)

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Editing 101

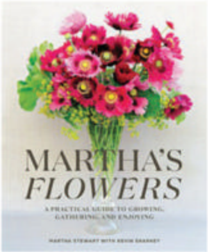
SOME OF MY FAVORITE childhood memories with my mom involve hopping into our family station wagon and heading to all kinds of estate sales, flea markets, antiques shows, and auction houses. This is a hobby for many, but we were on a mission: to find discontinued Haviland & Co. china from the 1880s. She had a unique business, a matching service, and people would call her from all over, hoping to procure a particular vintage pattern to fill out a family set (or to replace a treasured plate that some newly minted persona non grata in the household had accidentally broken over the holidays). They often knew little about what they had, except that they adored it (or, in other cases, wanted to sell it). She would identify the pattern from books filled with hand-drawn sketches, and if she didn't already have it, the hunt began. We never knew what we'd find, but she told me how to look: First, be open to any yard sale or unassuming shop, because you could strike gold. Second, be discerning: Check for the right stamps of authenticity; hold the piece up to the light, to discover any cracks in the porcelain or scratches in the hand-painted designs; and run a finger along the edges, to feel for chips. If there was a flaw, she moved on. But if an item passed muster, her eyes would flicker and she would casually inquire about the price. Back in the car, I'd really learn if a sale had been just decent—or a complete success. (One tip-off: She'd walk quickly through the parking lot.)

Today, my mom is retired. She kept what she loved of all those pretty plates and uses them daily, not just for special occasions. Editing down her collection was painstaking, but easier, she said, when she picked only what "made my heart soar." I thank her for teaching me how to see value, quality, and usefulness in all things new—and old. Martha certainly has, too. And even more important, to fill your life with what makes your eyes flicker and your heart soar. Enjoy the issue!

Elizabeth

Elizabeth Graves, Editor in Chief
elizabeth@marthastewart.com **@ebgraves**

| *LIVING* IN MY LIFE |
Just a few highlights from this month's issue.



1

Whether you aspire to grow flowers or to arrange them more artfully, Martha's latest book offers sage advice and inspiration for both (page 76).

2

These fun and healthful snacks are a simple way to delight the wee ones in your life on St. Patty's Day (page 22).

3

Editors' Picks is filled with "Objects of Beauty," like this bud vase, which instantly elevates a desk and looks breathtaking with fresh blooms in it (page 30).

4

I look forward to cooking (or baking) every recipe from our "Lovely Lemons" feature. It's proof that there's nothing this citrus superstar can't make better, brighter, or more delicious (page 68).

5

Home is where the heart is in "True Tahoe." This family took great care to create a place they love to live in (page 88).

LIZ BANFIELD (PORTRAIT); COURTESY OF CLARKSON POTTER (BOOK); PETER ARDITO (VEGGIES, VASE); MIKKEL VANG (CAKE); ERIC PIASECKI (BATHROOM)

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Requires assembly. *The total price includes cabinets, fronts, drawers, door dampers, interior shelving, hinges, toe kicks, legs, and cover panels. Your choice of countertops, sinks, faucets, knobs and handles, appliances, and lighting sold separately. See IKEA store for limited warranty, country of origin and 10'×10' details. Valid in US stores only.

Out & About

WHERE TO GO, WHAT TO SEE, AND HOW TO GET A JUMP START ON SPRING

| **ON THE ROAD** |

ENDLESS LOVE

For number crunchers and pie fanatics, March 14 is a double delight. The date matches the mathematical constant 3.14… (the never-ending pi), and is a brilliant excuse to indulge in puns and pastries. Brooklynites geek out at Four & Twenty Blackbirds (right), with its $14 three-slice special—get it? Here, a few other infinitely delicious options.

DURHAM, N.C.

Every runner in the Pie Day Pi K race wins a mini pie made by Scratch Bakery in a surprise flavor. Last year: apple or dark-chocolate sea salt. *piefantasy.com*

MILWAUKEE

Door County cherries do good: Honeypie Bakeshop donates 3.14 percent of sales from its nation-wide deliveries (aka PieGrams) to Girls Who Code. *honeypiecafe.com*

SAN FRANCISCO

For Bay Area mathletes, Three Babes Bakeshop sends out almost as many Key lime pies (and other flavors) as they do at Thanksgiving! *threebabesbakeshop.com*

THE CURSE OF THE BOYFRIEND SWEATER
ESSAYS: A LIFE IN CRAFTING
ALANNA OKUN
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An Odyssey of Food, My Journey Back to Israel
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A SLICE OF ENGLAND
The Last Equation of Isaac Severy
NOVA JACOBS
A Novel in Clues

| **ON OUR BOOKSHELF** |

Writer Alanna Okun is totally on board with the belief among knitters that you should never make a sweater for a significant other—unless you want to break up. Crafting is the thread through her wise, wins-you-over book of personal essays, ***The Curse of the Boyfriend Sweater*** (Flatiron). Chef Alon Shaya put Israeli cuisine on the New Orleans food map; his memoir-like cookbook, ***Shaya*** (Knopf), offers an aromatic whiff of his most craveable dishes, like whole roasted cauliflower with whipped feta, in recipes and the stories behind them. Slip into a royal reverie with ***India Hicks: A Slice of England*** (Rizzoli), a volume of lovingly annotated images of historic family estates and gardens, including the country manor Hicks now calls home. The lone literary soul in a *Royal Tenenbaums*–esque clan of geniuses scours L.A. for clues to an urgent problem her grandfather left behind in ***The Last Equation of Isaac Severy*** (Touchstone), Nova Jacobs's unformulaic romp of a mystery.

| **WHY NOT?** |

Get Snap-Happy

You can probably point and click (and filter and crop) in your sleep. But there's a real art to getting a stunning smartphone shot. Level up on one of these photographer-led tours.

Focus on Food
Learn how to light and frame your plate like a pro before you dig into the best eats the Funk Zone district has to offer. **Santa Barbara, California; *eatthisshootthat.com***

—

See Urban Sights
Shoot the Twin Cities' unique architectural elements, such as the St. Paul skyway, on quarterly walks led by local design and photography experts. **St. Paul, Minnesota; *mnpreservation.org***

—

Capture the Desert
Compose a keeper of iconic Camelback Mountain (or the stylish cocktails served afterward) in a class at this newly renovated midcentury resort. **Paradise Valley, Arizona; *mountainshadows.com***

GENTL AND HYERS (PIE); COURTESY OF PUBLISHERS (BOOKS)

There’s no rule saying you have to seek your kids
as soon as they hide.

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Milano
double chocolate

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CONTRIBUTORS
Eleni N. Gage, Thomas Joseph, Fritz Karch, Ryan McCallister, Hannah Milman, Alexis Stewart, Silke Stoddard

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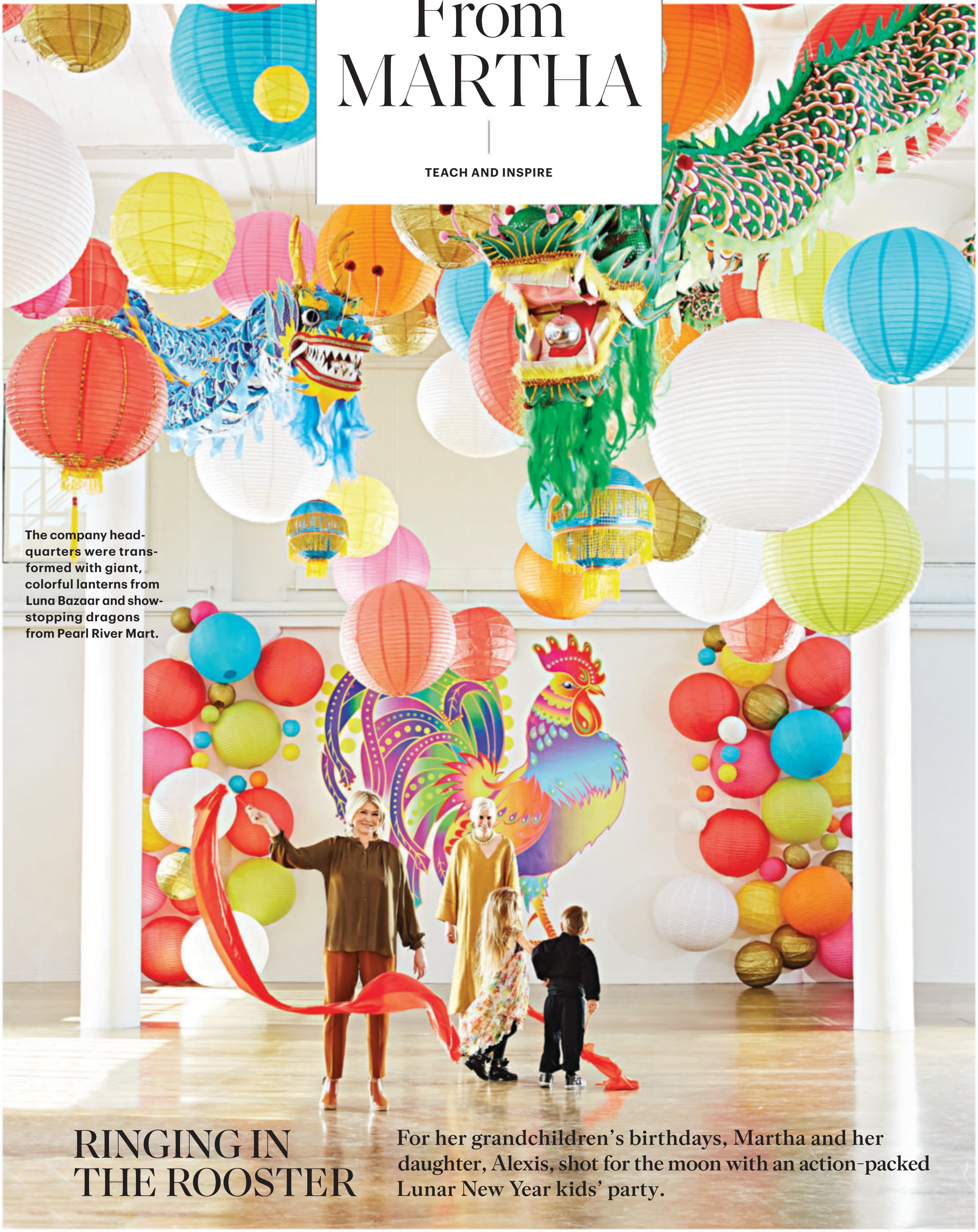

The company headquarters were transformed with giant, colorful lanterns from Luna Bazaar and show-stopping dragons from Pearl River Mart.

RINGING IN THE ROOSTER

For her grandchildren's birthdays, Martha and her daughter, Alexis, shot for the moon with an action-packed Lunar New Year kids' party.

PHOTOGRAPHS BY LINDA PUGLIESE

DRAGON
RABBIT
TIGER
OX
RAT
PIG
DOG
ROOSTER
MONKEY
HORSE
SNAKE
ZODIAC
WHEEL OF FORTUNE
PRIZE PER CHILD

GIVE IT A WHIRL

The children loved spinning the wheel of fortune. When it landed, they got to pick out a gift to take home with them.

MAKE A WISH

Nine Cakes, in Brooklyn, baked a delicious four-tiered cake featuring all the Chinese zodiac animals. At the top sat a rabbit and dragon, representing the years Jude and Truman were born.

JUDE
TRUMAN

EVERY MARCH, my grandchildren, Jude, now age 7; and Truman, age 6, celebrate their birthdays together with one big party for their classmates. Since they have been studying Mandarin at their school in New York City, we all agreed that the Lunar New Year would be a perfect theme for the festivities last spring.

Since the children's first joint party in 2013, Alexis and I have gotten pretty good at creating large-scale birthday gatherings. This year we enlisted the help of Danielle Chang, founder of an events company called Luckyrice; and Anne Kuo Hyun, proprietor of Black Twine, a party-planning business. They were invaluable in helping us put together the day, introducing us to bakers, musicians, dancers, and martial artists.

We filled my office's clerestory with vivid paper lanterns and gigantic dragons, representing Truman's birth year. Alexis had a gargantuan wall decal made to indicate that 2017 was indeed the year of the rooster. Then we set up stations for the kids to explore.

What we've learned over the years is that children love action. With Danielle and Anne, we planned a lively and busy two-hour party that incorporated lots of hands-on fun and entertainment. Attention-grabbing demonstrations of taekwondo and traditional Chinese dance and acrobatics brought excitement, while craft projects (painting a rooster, and making a *bo lang gu*, or Chinese rattle drum, out of disposable plates) encouraged self-expression. The big space allowed the kids to release pent-up energy by running around with abandon.

About 40 kids and 40 parents joined us. We drank bubble tea and ate colorful dumplings from Dim Sum Go Go in New York City, rooster mochi, and the newest dessert sensation—frozen rolled ice cream—in red-bean and green-tea flavors.

A reminder to all parents and grandparents: If last year's party was this good, next year's has to be better! We have been having serious discussions about topic, theme, and location. I can't wait.

1

2

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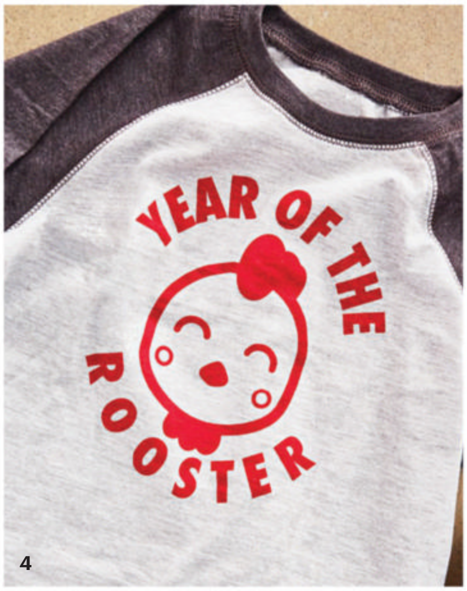

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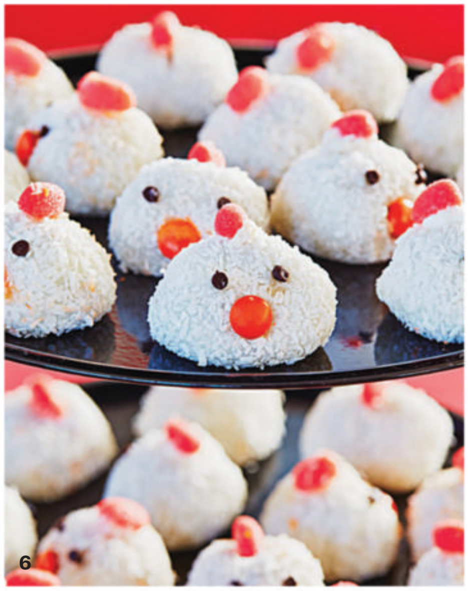
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Party Tricks

The afternoon flew by in a swirl of sound and color—and lots of delicious food.

1 ⊢ **The kids enjoyed a traditional Chinese dance performance by Ling Tang; listened to Feifei Yang play the erhu, a string instrument; and watched acrobatics by Lina Liu.**

2 ⊢ **Scrumptious dumplings were among the tasty treats. We also served hand-carved fruit, bubble tea from Boba Guys, and rolled ice cream from 10Below.**

3 ⊢ **Paints and a plastic fork were all the children needed to embrace their inner artists and decorate a rooster.**

4 ⊢ **Alexis put together party-favor bags filled with goodies, including this adorable "Year of the Rooster" T-shirt.**

5 ⊢ **A martial-arts demonstration by T. Kang Taekwondo was mesmerizing. The black-belt instructors even taught the kids how to break a wooden board!**

6 ⊢ **Sweet mochi treats were transformed into cute roosters with shredded-coconut feathers, gumdrop combs, mini chocolate chip eyes, and M&M "beaks."**

Hey Mom!
now that we have your attention
New
CAPRI SUN
ORGANIC
100% JUICE
FRUIT & VEGGIE BLENDS
Fruit REFRESHERS
All natural ingredients
NO added sugar
CAPRI SUN
ALL NATURAL INGREDIENTS
Fruit REFRESHERS
VERY Berry PUNCH
50% LESS SUGAR
10
NO ADDED SUGAR

Not a low calorie beverage.

Good THINGS

FRESH IDEAS TO ELEVATE THE EVERYDAY

| INSTANT UPGRADE |

Pretty Sweet

Color us impressed. We've always wanted a natural way to tint frosting any shade, and plant-based food dyes, courtesy of McCormick ($7 each, *walmart.com*) let us go Technicolor. We mixed yellow (from turmeric) and red (from beets) into buttercream to top these painterly sugar cookies. Learn how to re-create the hues and get our recipes at *marthastewart.com/ombrecookies*.

TEXT BY ELENI N. GAGE

PHOTOGRAPHS BY RAYMOND HOM

| **DIY STYLE** |

Hoop Dreams

We're about to shape your destiny—or at least your spring look—by showing you how to craft these simple, sculptural earrings. To make a few surprisingly inexpensive pairs, all it takes is high-quality yet inexpensive gold wire, a couple of tools, and a few minutes of your time. Plus, if you lose one, no worries. You know just the jeweler to create a replacement.

How to Make Hoops

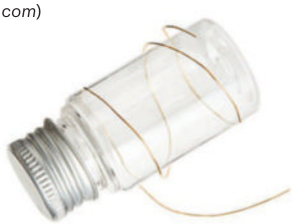
WE USED:

Fire Mountain Gems 22-gauge 12-karat-gold-filled wire (*$6 for 5 ft., firemountaingems.com*)

Cylindrical object (such as a spice jar, shot glass, or spool of thread)

Circular pliers

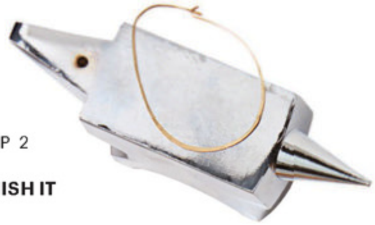
Bead Landing mini anvil and ball-peen hammer (*$24 and $8, michaels.com*)



STEP 1

BEND IT

For an oblong shape, wrap both ends of wire around cylindrical object, leaving the middle straight. For a circle, wrap it all the way around. To make closure, form one end of wire into a loop with pliers, bend other at a 90-degree angle, and cut.

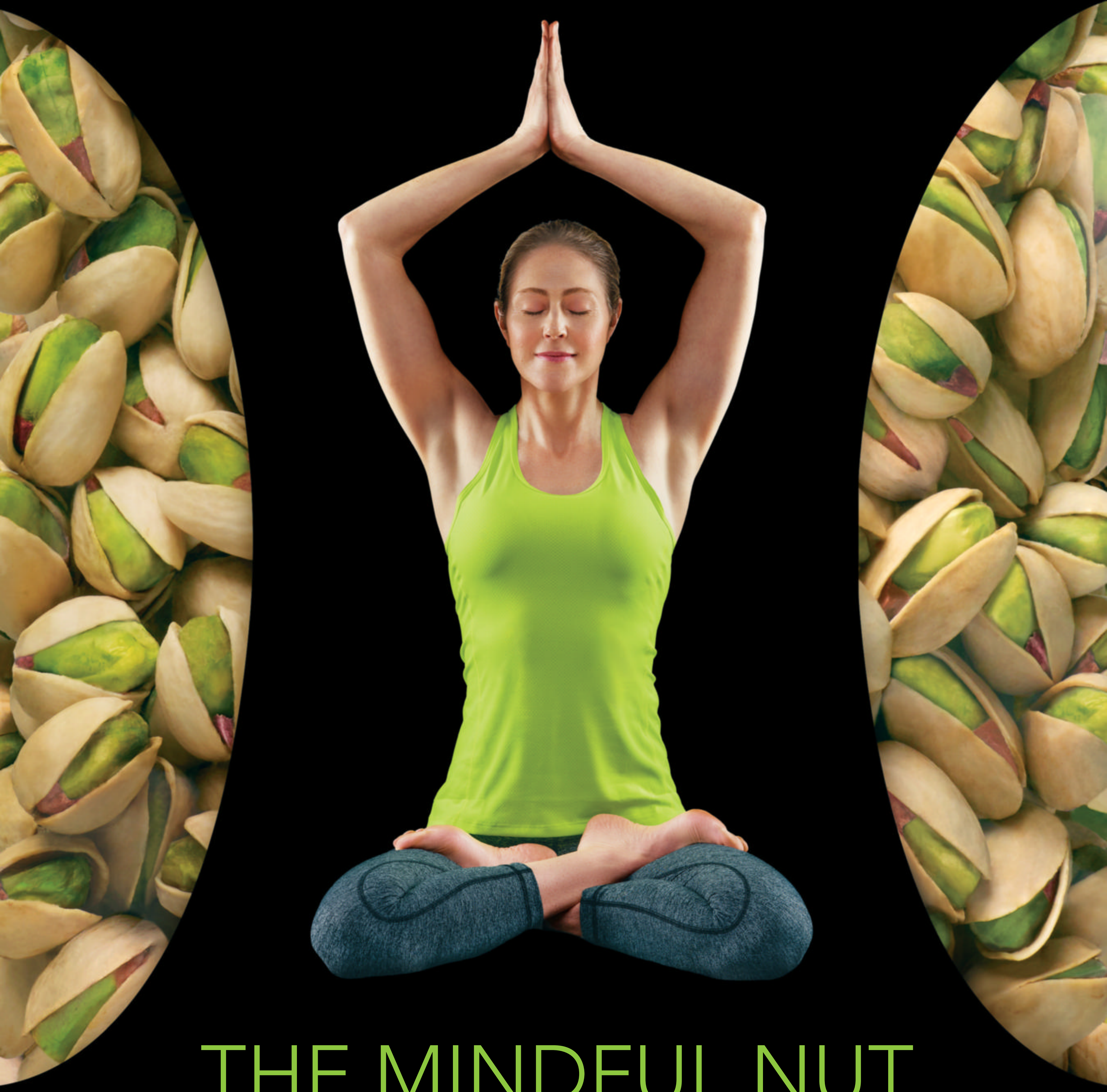


STEP 2

FINISH IT

Strengthen wire by doing what jewelers call "work hardening." Lay flat on anvil and tap with hammer; turn over and repeat. You'll know you're done when metal is harder to bend and clasp springs closed easily.

PHOTOGRAPHS BY PETER ARDITO (HOW-TOS); HAIR AND MAKEUP BY THEO KOGAN



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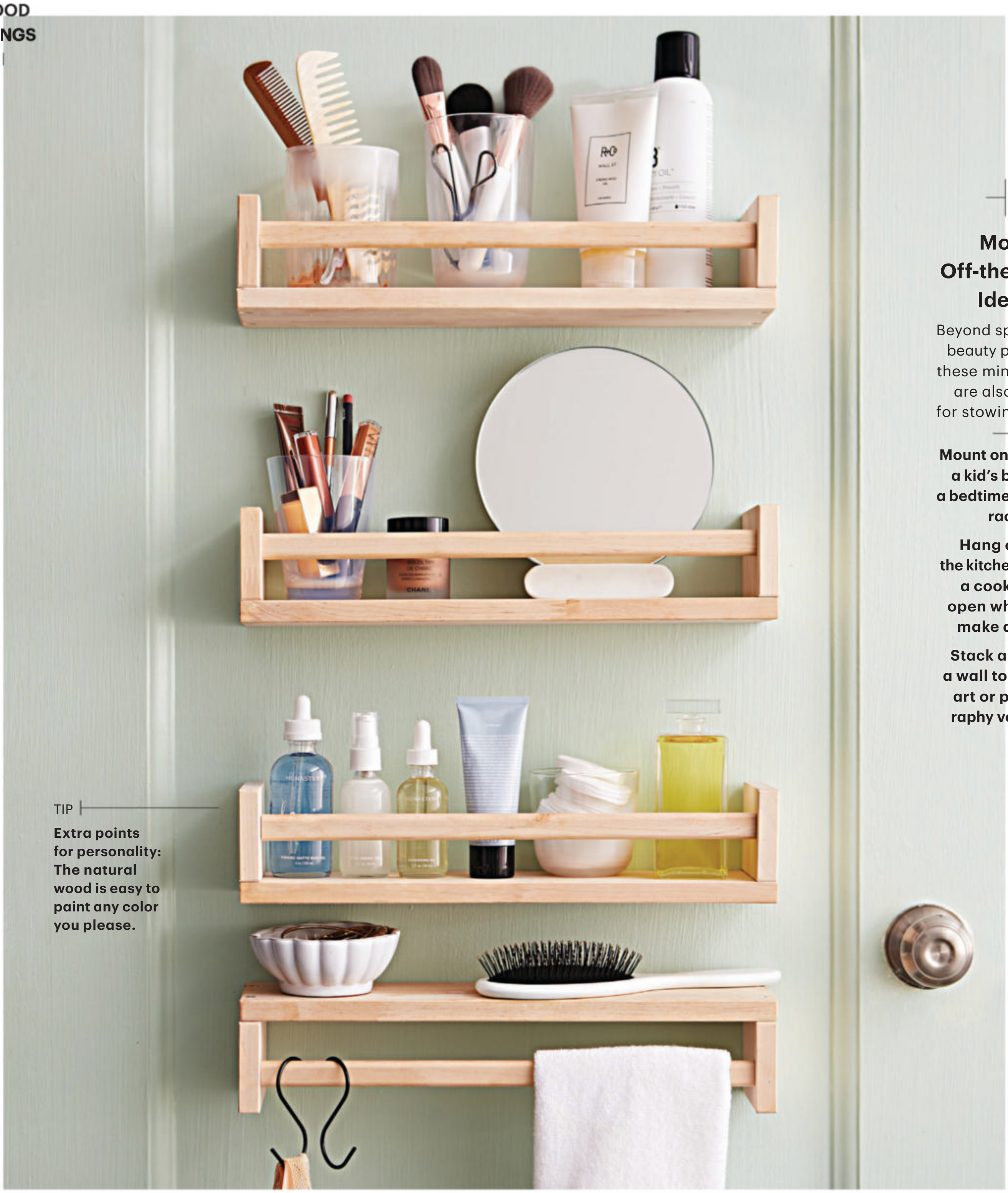

More Off-the-Rack Ideas

Beyond spices and beauty products, these mini shelves are also great for stowing books:

Mount one next to a kid's bunk as a bedtime-reading rack.

Hang one in the kitchen to hold a cookbook open while you make dinner.

Stack a few on a wall to display art or photography volumes.

TIP

Extra points for personality: The natural wood is easy to paint any color you please.

| **CLUTTER CONTROL** |

Door Prize

Here's a space-saving solution that's worth its salt (and pepper): Cut down on morning bathroom time and carve out a quiet space just for you by mounting spice racks on the back of a closet door to corral your beauty essentials. You can even invert one of these narrow shelves and use it as a towel-bar-slash-accessories-perch; just slip out the two keyhole-shaped brackets on the back, flip them, pop them back in, and hang it upside down. Behold: your very own stress-free dressing station, with no one knocking to come in.

THE DETAILS: IKEA Bekväm spice racks, *$4 each, ikea.com.*

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| CELEBRATE |

Irish Breakfast

These scones pack the hallmarks of our favorite St. Patrick's Day bread—loads of currants and caraway seeds—into a single serving with a light, fluffy texture. Just mix, scoop, bake, and enjoy with a spot of tea.

IRISH SODA SCONES

Preheat oven to 425°. Whisk together 2 cups **unbleached all-purpose flour,** 2 teaspoons **baking powder,** ¼ teaspoon **baking soda,** ¼ cup **granulated sugar,** and ½ teaspoon **kosher salt.** Cut 1 stick cold **unsalted butter** into small pieces; work into mixture with your fingers or a pastry cutter until dough resembles coarse meal. Add ½ cup **dried currants,** 2 teaspoons **caraway seeds,** and 1 cup cold **buttermilk;** stir until just combined. Scoop ⅓ cup–size mounds onto a parchment-lined baking sheet, 3 inches apart; bake until bottoms are golden, 15 to 20 minutes. Let cool on sheet. Meanwhile, combine 1 cup **confectioners' sugar,** 2 tablespoons **whole milk,** and ¼ teaspoon grated **orange zest.** Drizzle over scones; serve.

Luck on the Go

Surprise the leprechauns in your life with one of these St. Patrick's Day snacks.

1

TRICOLOR CRUNCH

Salute the Irish flag with clover-shaped cucumber crisps, carrot and celery sticks, and DIY ranch dip.

2

COIN TOSS

To sweeten the pot (or their lunch boxes), tuck in a few shamrock-stamped chocolate medallions ($12 for 68, *orientaltrading.com*).

3

PURE GOLD

Pinches of turmeric (they won't taste it, we promise) and cinnamon give this frothy hot white chocolate its end-of-the-rainbow hue.

PETER ARDITO (LUCK ON THE GO)

➤ For the recipes, go to *marthastewart.com/luckysnacks*.

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| **EXPERT ADVICE** |

Brush Hour

Make your next paint job a breeze with these smart tips.

Plan Ahead

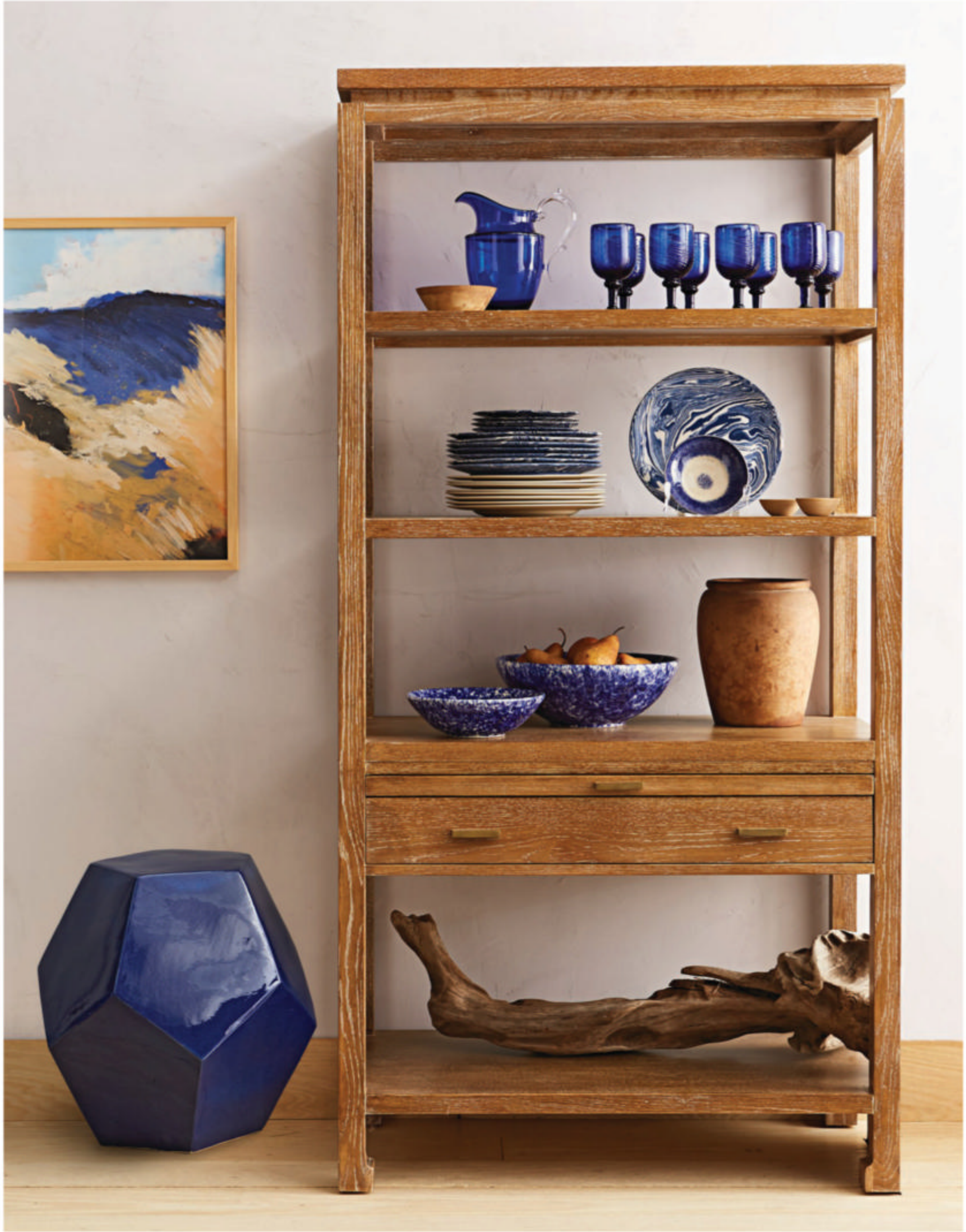
Do your future self a favor: Line roller trays with plastic wrap. Cleanup will be as easy as peeling it off—no messy rinsing required.

Protect Your Phone

Your boss/best friend/school nurse doesn't know you're elbow-deep in Simply White. Seal your cell in a zip-top plastic bag so you can talk or text without covering it in paint.

Press Pause

When you call it a night, cover the bristles in plastic wrap and stick your brush in the freezer. In the a.m., let it thaw, unwrap, and continue.



| **THE PALETTE** |

Camel & Cobalt

When you're working with a neutral base, you can go through a blue (or red, or green) period. Our latest color crush lies between indigo and the deepest tropical sea. Arrange plates, art, and accessories in this dramatic hue on natural-colored shelves and walls to instantly update them.

THE DETAILS: Serena & Lily Reese bookcase, *$1,498, serenaandlily.com.* **Jung Lee Federica Blue pitcher,** *$68, jungleeny.com.* **Ballard Designs Bunny Williams goblets,** *$59 for 4, ballarddesigns.com.* **Barneys New York Simple Life Ebru marbled salad plates,** *$58 each;* **and dinner plates**, *$68 each, barneys.com.* **March Blue on Cream Spatterware bowls,** *9", $55; and 13", $100, marchsf.com.* **Minted Mountain Pastures wall art,** *$93, minted.com.* **Made Goods Cole stool,** *in Cobalt, $625, shopcandelabra.com.* **Sherwin-Williams paint,** *in Everyday White (on wall), sherwin-williams.com.*

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HOME, STYLE, BEAUTY, HEALTH

/ THE WELL-KEPT HOME /

All Together Now

You know it when you see it. You feel it when you walk in. It's an inviting space that puts the *living* in living room. To create one that's comfortable, cohesive, and anything but cookie-cutter, learn the secrets for a perfect setup.

TEXT BY ALICE ANDREWS

ERIC PIASECKI/OTTO ARCHIVE

Create a Flow

Above all, a living room needs to be functional and easy to move around in.

Think scale

When shopping for furniture, consider size before style so you don't fall in love with a sofa that's too big—or any pieces that will overwhelm the room or block traffic. A good rule of thumb: Leave about 18 inches between the coffee table and the couch. That way, no one will have to do the sideways shuffle to settle in. And allow at least 30 inches for pathways.

Find the focus

The main spot to sit (usually the couch) should have the ideal view—of a fireplace, window, or favorite framed artwork. If the room doubles as a den, conceal your TV in an armoire, integrate it in a bookcase, or choose one with a screen that turns into art when it's off (like Samsung The Frame; from $1,300, *samsung.com*). The big black rectangle won't beg for attention when you're entertaining, but will be ready for prime time when you're not.

MAKE IT LOOK COHESIVE

What, everything you love isn't in one style, from one era and one country? Color is the key to making all your eclectic stuff look great together. "You can mix things more easily when you have a focused palette," says *Living* home editor Lorna Aragon. Start with a neutral base, and add two accent colors. To make a statement with a favorite shade, group objects in it—say, your collection of green vases. They'll have a bigger impact gathered on one shelf than scattered throughout the room.

WORK YOUR WINDOWS

They're the eyes into a home's soul. Give them the treatments they deserve, and they'll draw stares.

AIM HIGH Mount curtains just below the ceiling or crown molding to create the illusion of extra height and larger windows, says Virginia-based interior designer Lauren Liess.

GO LONG But not *too* long. Curtains should "kiss the floor," Aragon says. "You don't want them to pool and collect dust, or, alternatively, to look like high-water pants."

ADD LAYERS Blinds, sheer panels, or shades under any curtains give a window depth and interest, and have a practical benefit—you can adjust the amount of light streaming in. Aragon prefers solar shades: They have a clean, tailored look, and help keep your home cool and stop furniture from fading. Plus, they roll up and disappear when you don't need them.

WIN $25K To get help updating your home, visit *marthastewart.com/25kcolor* and enter to win $25,000. For details, see page 102.

Hang Art Like a Pro

Factor in these variables before you grab a hammer.

HEIGHT

Position art at eye level—or, if the eye levels in your home vary widely, about five feet off the ground, says Michelle Adams, a curator for the online retailer Artfully Walls. "Mark the wall at 60 inches, then center your piece on that point," she says. That goes for a single picture or the center of a cluster; build the other pieces off of it. One exception: Allow for at least 12 inches of clearance above a sofa or sideboard.

SPACING

For a graphic display, like a row or grid, keep the distance between each item uniform, at about two inches.

FRAMES

Liess picks finishes that bring out an element that's missing from a room: "To add warmth, I go with gold. If I need more nature, I use textured wood. To make a bold statement, I like painted matte black."

MASTER THE GALLERY WALL

For a striking display, group "one photograph, one painting, one person or animal, and one graphic or geometric print," says Adams.

PHOTOGRAPHS BY ERIC PIASECKI/OTTO ARCHIVE (ROOM); PETER ARDITO (RUGS), COURTESY OF MANUFACTURERS (LAMPS); ILLUSTRATIONS BY BROWN BIRD DESIGN

GROUND RULES FOR RUGS

Carpets lend color and warmth—and define how a space is used, depending on where you lay them.

1 | Buy the largest one you can afford. The more floor you cover, the more spacious a room will look, Liess says. Neutral natural-fiber styles are the least expensive option.

2 | Leave 7 to 20 inches of floor exposed around it. Bigger rooms need a wider border.

3 | Layer a smaller accent rug atop a big neutral one. It's a smart way to add texture and pattern and to update a room's look when seasons change. (Or the Moroccan trend exits.)

THE DETAILS *(from top):* **Dash & Albert Kota rug,** *from $90, annieselke.com.* **Brasilia rug,** *in Sienna, from $43, sisalrugs.com.* **Garnet Hill Eileen Fisher Transcendent rug** *(rolled), $2,298, garnet hill.com.*

Let There Be More Than One Light

FLOOR LAMPS

They're ideal for illuminating a corner or a floating seating area. Consider adding an outlet on the floor nearby for easy access.

SCONCES

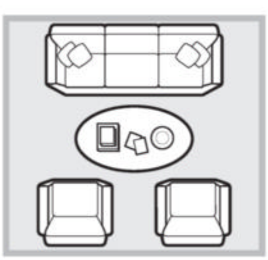
Use these to set the mood, Aragon says: "Wall fixtures look almost like candlelight when they're hooked up to a dimmer."

TABLE LAMPS

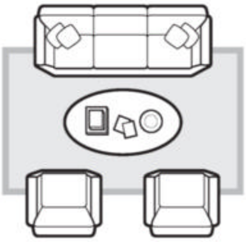
The end of your snuggly sofa is calling out for a light (to read by) and a low table (for your tea).

THE DETAILS: Restoration Hardware Davenport floor lamp, *in Lacquered Burnished Brass, $895, restoration hardware.com.* **Circa Lighting Branch sconce,** *in Gilded Iron, $315, circa lighting.com.* **Kate Spade Elsie table lamp,** *in Blush/Cream, $398, katespade.com.*

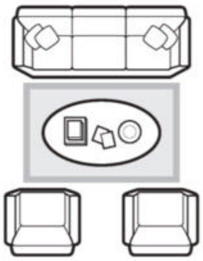
FLOOR PLANS



A rug can instantly rezone an open-concept space. "When all the furniture sits on it, you establish an area," says Liess. "Walkways go around it, and activities can keep going."



To carve out a sit-and-chat spot when your sofa's against a wall, place a rug under its front legs, then rest only the front legs of other pieces (chairs, etc.) on it too.



When you're working with a small accent rug, let it anchor your living room: Center it under the coffee table. In this case, leave all of the sofa and chair legs off the carpet.

/ EDITORS' PICKS /

Objects of Beauty

Inspire your day—and your routine—with these stunningly crafted finds.

STYLE WITH STYLE
The palest-pink comb and boar-and-nylon-bristle brush from **Aerin** beg to be displayed on a bathroom vanity.
From $35, aerin.com.

BOOST YOUR BREW
Kinto's pour-over coffee set, made from walnut and brass, develops a rich patina over time.
$190, bloomingdales.com.

SCOOP THESE UP
Let **John Derian**'s shell spoons shimmer in a saltcellar or sugar bowl.
$6 each, johnderian.com.

ARRANGE ARTFULLY
Wrapped in creamy magnolia blossoms, this jasperware bud vase by **Wedgwood** is breathtaking with or without fresh flowers.
$135, wedgwood.com.

WEAR LUXE LAYERS
Silky, soft, and so elegant peeking out of a cardigan or blazer, **Hanro**'s camisole has light-as-air lace and a striking marigold color.
$124, hanrousa.com.

ADORN YOURSELF
You'll want to wear **Sophie Buhai**'s sterling silver circle necklace, handmade by artisans in Los Angeles, daily.
From $395, sophiebuhai.com.

ELEVATE ANY SURFACE
Artist **Marcie McGoldrick**'s delicate, one-of-a-kind porcelain eggs are polished and waxed to an ethereal glow.
From $150, marciemcgoldrick.com.

ADD LIFE
Designed by Ivar Ålenius Björk for the 1939 World's Fair, this brass candlestick, reissued by **Skultuna,** doubles as a bud vase.
Lily candlestick, $118; and glass vase, $13, skultuna.com/us.

PHOTOGRAPHS BY PETER ARDITO

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Ask Martha

How do I paint a light color over a dark one?

—Tiana Winston, Omaha, Neb.

Simply use a paint formula containing primer, which provides ample coverage and saves you a step. You might still need a second coat if the contrast between shades is extreme, or if the wall's surface is textured or has become rough with age. In that case, choose a roller with more nap to help fill in any dips or crevices. (We like Purdy White Dove paint rollers; $13 for 3, *homedepot.com*.)

PHOTOGRAPH BY NGOC MINH NGO

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How can I get my dog's fur out of my rugs?

—Abby Carpenter, Janesville, Wis.

First, vacuum in multiple directions. Then use a rubber rake or a squeegee (for low-pile carpeting) to get every last hair out. To reduce fur deposits in the first place, use a deshedding tool on your dog's coat.

What foods are best to buy in bulk?

—Lisa Webb Evans, Amarillo, Tex.

For cost-effective shopping that also reduces packaging, we stick to less-perishable items: popcorn kernels, dried pasta, oats, rice, and other dried grains and legumes. Nuts also work, as long as you store them in an airtight container in the freezer. Dried fruits, which can turn brown with lengthy exposure to light and air, should be purchased in smaller containers.

| GREEN TIP |

Marine Life

Now's the time to begin feeding your indoor plants—they need the boost with the days getting longer. Mix an organic liquid fish fertilizer, such as Neptune's Harvest ($26, *neptunesharvest.com*), with H_2O according to the package directions, then water with it every two to three weeks.

LET US HELP YOU!

E-mail your questions to *askmartha@marthastewart.com*, or send them to Ask Martha, c/o Letters Department, *Martha Stewart Living*, 805 Third Avenue, 25th floor, New York, NY 10022. Please include your full name, address, and daytime phone number. Letters and messages become the property of Meredith Corp. and may be published, broadcast, edited, or otherwise used in any of its media. By submitting your questions to Ask Martha, you are agreeing to let us use your name and hometown in connection with our publication of your questions.

GETTY IMAGES/KEI VESUGI (DOG); GETTY IMAGES/DEA/C. DANI (PLANT)

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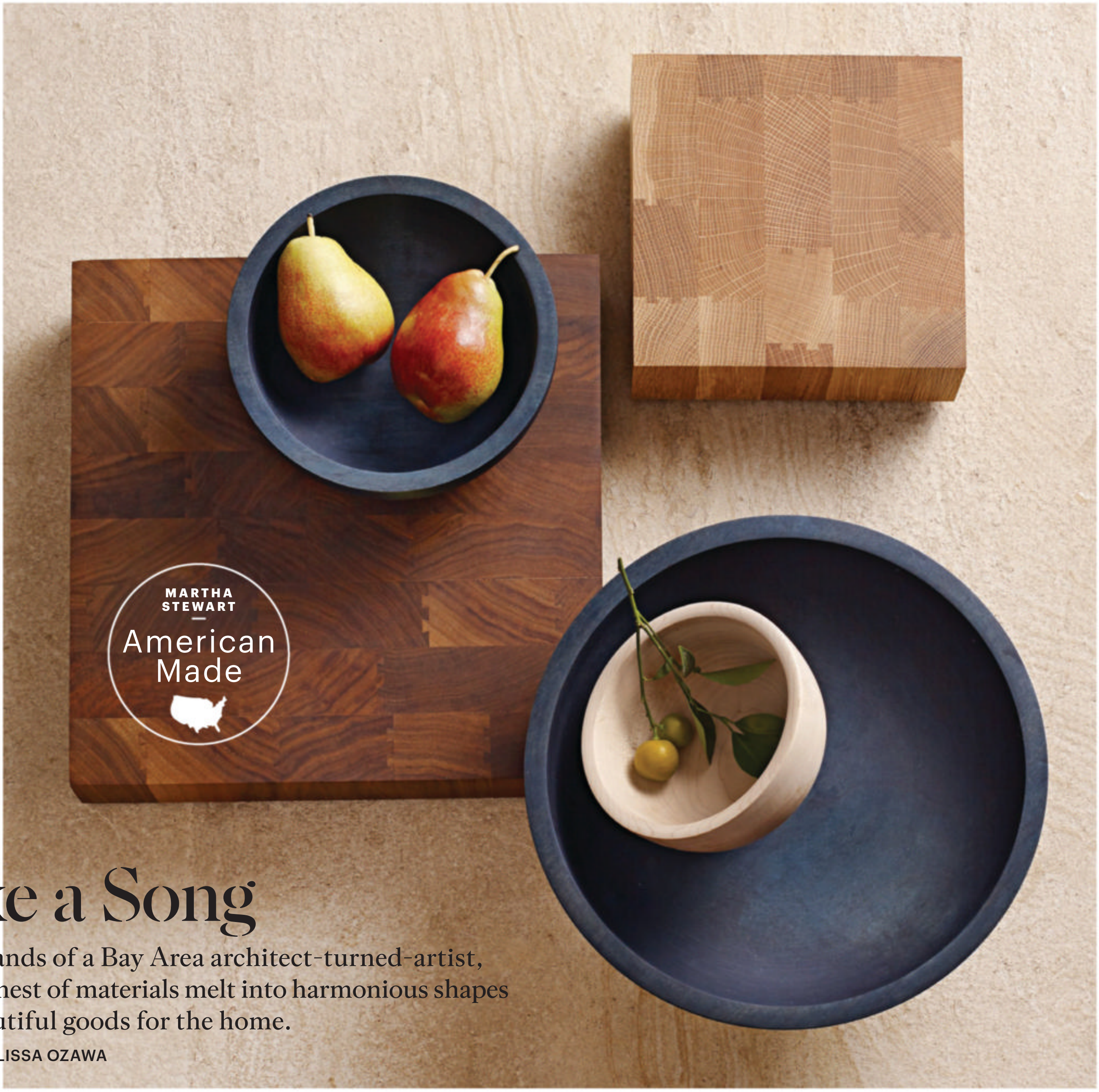


Like a Song

In the hands of a Bay Area architect-turned-artist, the toughest of materials melt into harmonious shapes and beautiful goods for the home.

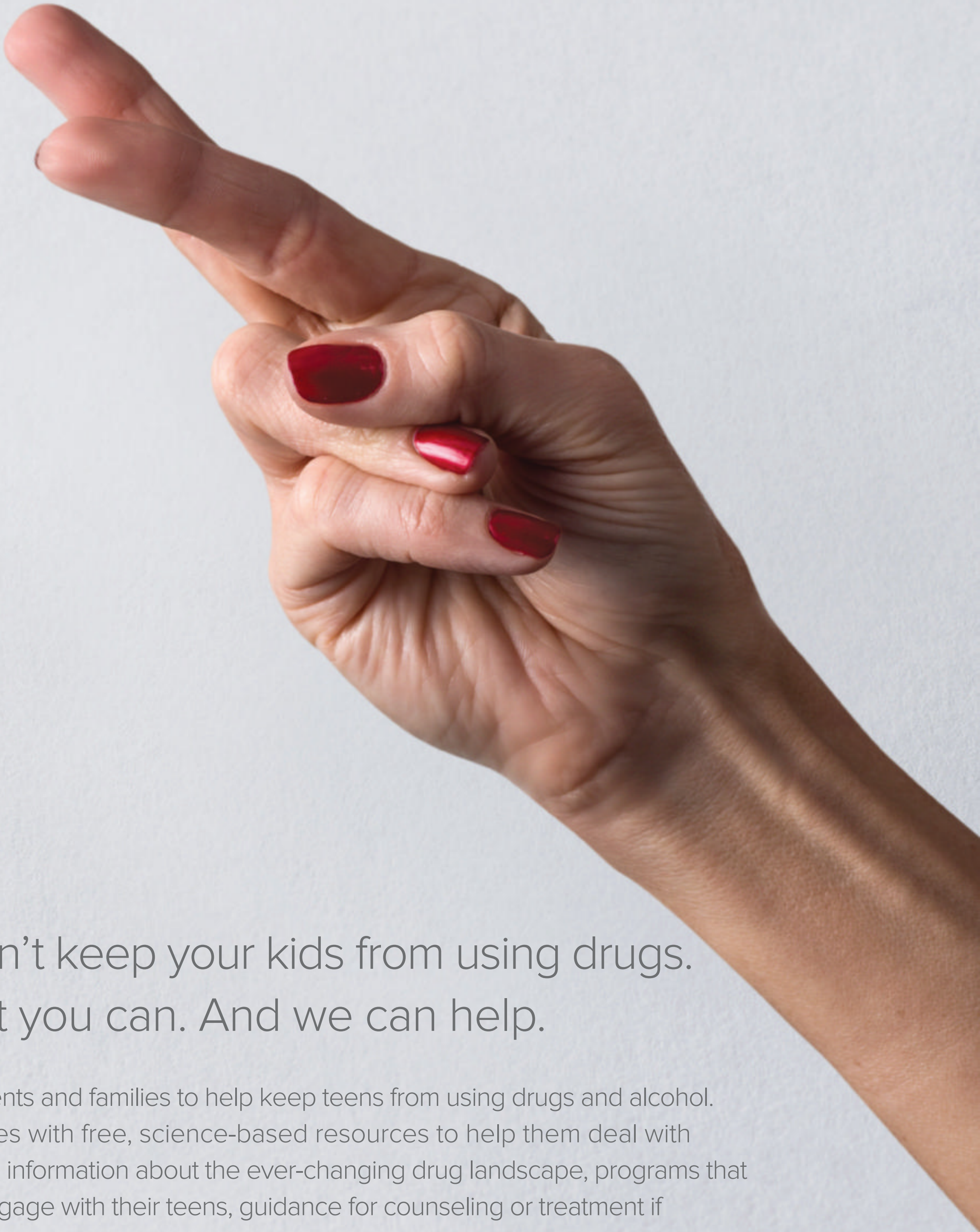
TEXT BY MELISSA OZAWA

"IT'S ALL ABOUT FORM," says the self-taught Silvia Song, whose wooden bowls, platters, and butcher blocks—some dyed in rich, natural indigo—are known for their spare elegance. Born in São Paulo, Brazil, and trained as an architect, Song left the field 10 years ago when she realized that she didn't want to sit all day long drafting on a computer. "I missed working with my hands," she explains. So she set up a studio in her El Cerrito, California, home, and began cutting, carving, and sanding away, prioritizing structure over surface beauty. When selecting timber, for instance, she doesn't fall for a particular grain; she envisions the shape of what a raw piece will become, preferring varieties like maple and Monterey cypress for their quiet colors. To make a bowl, she slices a disk from a block of wood—"the more uniform, the better," she says—and turns it on a lathe, first chiseling away the outside, then meticulously hollowing out the inside. Last, she sands it to a velvety-smooth finish. "It's a reductive process," says the designer, who has started to work with new materials like marble and in more abstract forms. But the results have maximum impact.

Above, a selection of Song's pieces. Her work can be found at *silviasong .com*, and at design shops March, in San Francisco; and Turpan, in Los Angeles and East Hampton, New York.

STYLING BY MEGUMI EMOTO

PHOTOGRAPHS BY YASU + JUNKO



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See Change

Life can take a toll on the delicate skin around your eyes. But look on the bright side: Science-backed solutions abound. Here's how to help lines, dark circles, and puffiness, one powerful treatment and gentle pat at a time.

TEXT BY MELISSA MILRAD GOLDSTEIN

MORE THAN ANY OTHER FEATURE, our eyes are a road map of our experiences, reflecting years of laughing, smiling, and squinting at screens. The reason lies in basic physiology: The skin surrounding them is roughly three times thinner than that on the rest of the face. With every movement it stretches like elastic, but it doesn't bounce back as resiliently. And because it lacks padding, dark shadows appear more pronounced, and water retention from salt, alcohol, and allergies can lead to inflated bags underneath.

But these fragile areas also have a skin-care advantage, says Manhattan dermatologist Shereene Idriss: "They absorb topical treatments more readily." You can see some improvement in as little as two weeks, says Tucson, Arizona, dermatologist Jody Comstock.

In a doctor's office, you can get results even faster. Botox stops muscle contractions for up to four months (from $300 per area). Lasers like Fraxel target fine lines and fade pigmentation; ultrasound therapies like Ultherapy boost collagen production, with results that last up to two years (both start at $700 per session). And hyaluronic-acid fillers like Restylane and Juvéderm instantly replenish volume (from $500 per syringe, two to three times a year). Turn the page to start your regimen.

A LIGHT TOUCH

For less pressure (in other words, less tugging), apply eye cream with a nondominant digit, such as your ring finger. Tap it along the orbital and brow bones, and steer clear of the lid to avoid irritation and stinging.

DANIEL WARD/GALLERY STOCK

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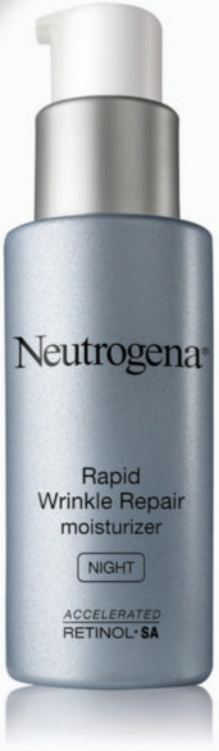

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IN FOCUS

For optimal results, commit to using a targeted treatment every day, then protect your eyes with sunscreen and oversize shades.

Lighten Shadows

Discoloration has several underlying causes—and cures. Brown-tinged circles are typically vascular and caused by sun damage, eye rubbing, or genetics. To prevent blood-vessel expansion, apply a cold compress in the a.m., and use a cream with capillary-constricting vitamin K. Bluish circles happen when the loss of subcutaneous fat pushes blood vessels flush against skin. Ceramides and vitamin C help rebuild collagen (i.e., padding).

TRY: Naturopathica Vitamin K Brightening Eye Serum, *$74, naturopathica.com.* **Mario Badescu Ceramide Herbal Eye Cream,** *$18, mariobadescu.com.*

Soften Fine Lines

To conquer crow's-feet, it's retinol for the win. This proven crease-smoother revs up cell turnover to generate fresh collagen and elastin. Your go-to facial formula is fine to use around the eyes, but to stay on the safe side, consider a milder, buffered version specifically for this area—formulated so as not to aggravate or cause redness.

TRY: Clark's Botanicals Retinol Rescue Eye Serum, *$89, clarksbotanicals.com.*

Deflate Bags

Most puffiness comes from water accumulation, says Comstock, who points to alcohol, salt, and even gluten as inflammatory agents. Deflate with a caffeine-spiked serum (keep it in the fridge for a cooling effect) and by massaging the area with a roller ball or your fingers. To prevent future swelling, sleep with your head slightly elevated, so fluid can't accumulate.

TRY: Lancôme Énergie de Vie Illuminating & Anti-Fatigue Cooling Eye Gel, *$39, lancome-usa.com.*

Diminish Dullness

Sleepless nights and staring at a computer all day leave eyes looking gaunt and haggard. (Blink if you've been there.) Enlist a bit of visual trickery: Brighten skin and offset shadows with a yellow-tinted cream, and look for a formula containing glycerin, which offers an immediate hit of moisture.

TRY: Ole Henriksen Banana Bright Eye Crème, *$38, olehenriksen.com.*

Plump and Hydrate

Presoaked self-adhesive patches are like an IV drip for the under-eye areas, infusing them with a megadose of skin-quenching hyaluronic acid. The U-shaped gels "stick" in place, so you can wear a set while blow-drying or on a plane, and hit the ground rested and revived.

TRY: Peter Thomas Roth Water Drench Hyaluronic Cloud Hydra-Gel Eye Patches, *$52, peterthomasroth.com.*

One and Done

For a treatment that tackles it all, smooth on **StriVectin Multi-Action R&R Eye Cream.** It features skin barrier–strengthening niacin and anti-inflammatory peptides to firm, tone, and brighten in a single cool swipe. *$65, strivectin.com.*

OUR EXPERTS

Jody Comstock, a Tucson, Arizona, dermatologist; **Zena Gabriel,** a Newport Beach, California, dermatologist; **Shereene Idriss,** a New York City dermatologist; and **Angela Caglia,** a Los Angeles–based facialist.

COURTESY OF MARIO BADESCU (BADESCU); PETER ARDITO (OTHERS)

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/ COUNTER INTELLIGENCE /

Spring to It

Refine your beauty routine this month with smart scalp treatments, dewy lip balms, and a light-as-meringue face cream.

TEXT BY MELISSA MILRAD GOLDSTEIN

101

Micellar Water

WHAT IT IS Imported from France and first used in face washes, this ingredient consists of tiny oil droplets suspended in soft water. It feels as mild as actual H_2O, yet deftly removes makeup.

HOW IT WORKS The oil droplets, called micelles, act like magnets, attracting and absorbing dirt without stripping skin, explains cosmetic chemist Ron Robinson of Beautystat.com.

WHAT'S NEW Micelles are now working their gentle magic in body washes and shampoos, too.

TRY: Dove Micellar Water Body Wash, *$6, dove.com.* **Herbal Essences Blue Ginger & Micellar Water Shampoo,** *$6, herbal essences.com.*

IN FOCUS

HEADY TIMES

Your hair may get all the love, but your scalp is where healthy growth happens—and if you're not washing it daily (a good thing), buildup can block the process. These finds help clear follicle-clogging culprits like scaly flakes and sebum while nourishing skin.

Relieve tightness and itching with the calming powers of **Yes to Tea Tree & Sage Oil shampoo and conditioner.** *$8 each, yesto .com.*

Apple-cider vinegar and pink Himalayan sea salt in **dpHUE ACV Scalp Scrub** sweep away dead skin cells without compromising hair color. *$38, dphue.com.*

Tag-team **Aveda's Pramāsana Purifying Scalp Cleanser** and **Exfoliating Scalp Brush** to loosen flakes and stimulate circulation. *$35 and $20, aveda.com.*

Second-day styling? The charcoal in **Briogeo Scalp Revival Dry Shampoo** absorbs oil without irritating sensitive skin. *$24, briogeohair.com.*

RAVE REVIEW

A Stroke of Genius

"I've been a fan of **Essie's Treat, Love & Color** collection since its launch. It offered ease: a nail-strengthening manicure in a single step, though the initial four shades felt limiting. Now, with the release of 24 additional shades—in cream, sheer, and shimmer finishes—I have them all on heavy rotation."
—MMG

$10 each, essie.com.

NEW & IMPROVED

Catch Some Air

Olay is stirring things up with its Total Effects, Regenerist, and Luminous **Whips**. These featherweight iterations of the company's classic face moisturizers morph from mousse to silky cream, and melt right into skin. *$29 each, olay.com.*

JOHNNY MILLER (WOMAN); PETER ARDITO (OTHERS)

Your eczema may be hiding something.

You may think you know eczema, but what you might not know is that it's a term used to describe a variety of skin conditions. The most common form of eczema is actually a chronic disease called **atopic dermatitis**.

You can see the signs of atopic dermatitis on the surface, but a key underlying cause remains hidden. Inflammation beneath the skin can lead to the red, itchy rashes that you try to manage, but just keep coming back. This underlying inflammation is always active, meaning your next flare-up is just waiting to return.

ECZEMA EXPOSED | Learn more about what's happening at **EczemaExposed.com**

SANOFI GENZYME REGENERON

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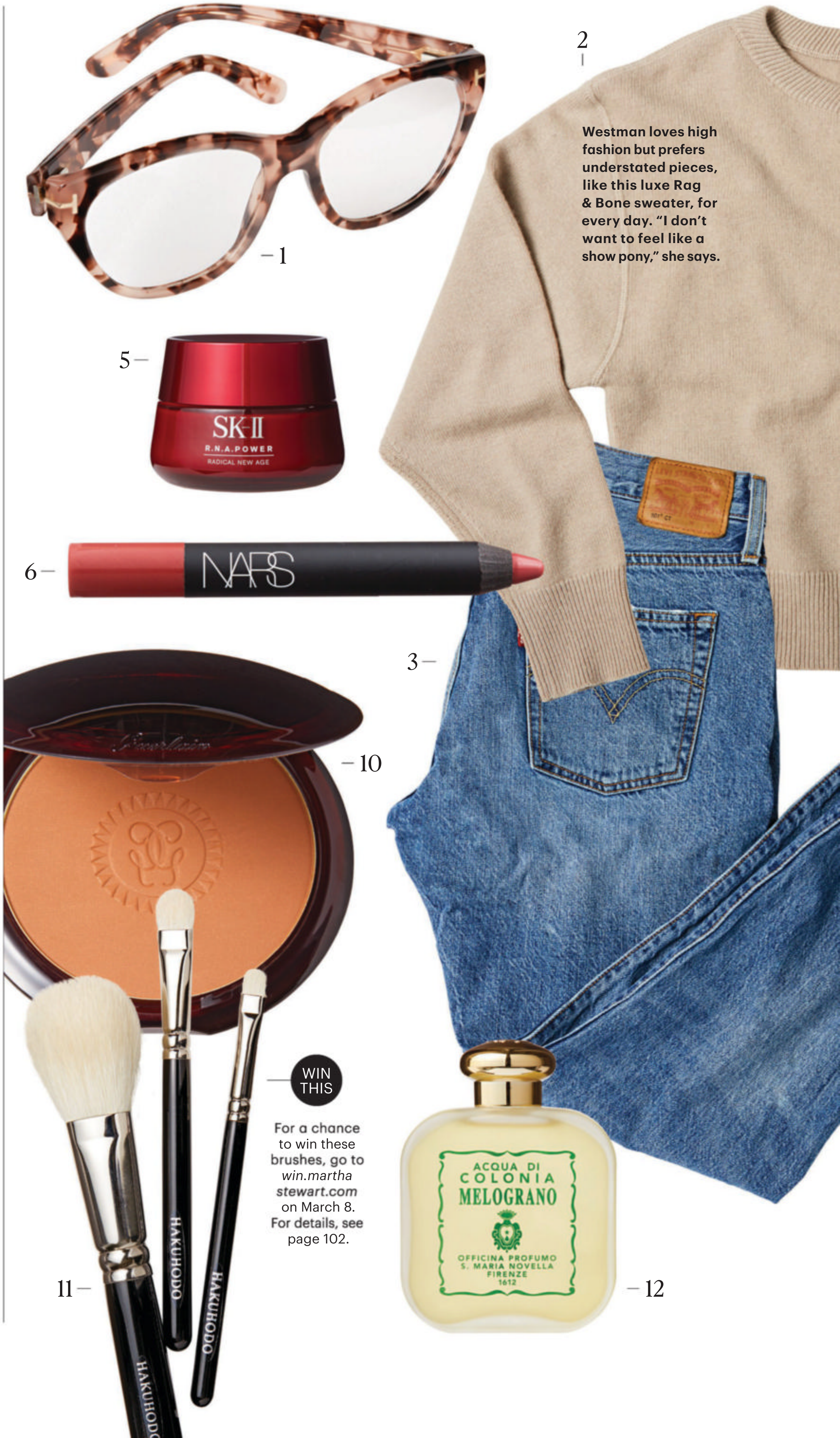
The Transformer

Gucci Westman

Makeup Artist, New York City

Born in California and raised in Sweden, Westman got her start doing makeup as a little girl on probably her most patient client: her mom. She studied the art in France, then took her talent to Hollywood, where she got a break un-beautifying the very beautiful Cameron Diaz for *Being John Malkovich*. Fashion found her next, and designers tapped into her uncanny ability to create wearable trends for runways—from defined eyes at Rag & Bone to pink-kissed faces for the Brock Collection. While she loves to play with unexpected shades on eyes and lips, her signature look is fresh, flawless skin. The mom of three achieves hers the old-fashioned way, by meditating each morning, doing yoga, and riding horses. On clients, she exfoliates, hydrates, perfects, and then experiments, adhering to a single guiding principle: “Stay far from your comfort zone,” she says, “and try new things.”



Westman loves high fashion but prefers understated pieces, like this luxe Rag & Bone sweater, for every day. “I don’t want to feel like a show pony,” she says.

WIN THIS

For a chance to win these brushes, go to *win.martha stewart.com* on March 8. For details, see page 102.

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MASTER & MARGARITA
MIKHAIL BULGAKOV
A newly revised translation by Richard Pevear and Larissa Volokhonsky
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Añejo
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MOTHER DIRT CLEANSER
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LESLIE KIRCHHOFF (PORTRAIT); COURTESY OF ROSEWOOD CASTIGLION DEL BOSCO (RESORT); PETER ARDITO (OTHERS)

Westman's Essentials

HER SPECS
1. Tom Ford soft squared optical frames, *in Dark Havana, $385, tomford.com.*

"My outfit can't interfere with my job, so I wear something comfortable, like a sweater and jeans."

GO-TO PULLOVER
2. Rag & Bone Sutton cashmere sweater, *$450, rag-bone.com.*

TRUSTY DENIM
3. Levi's 501 jeans, *from $65, levi.com.*

UNFORGETTABLE READ
4. *Master and Margarita,* *by Mikhail Bulgakov, $17, mcnallyjackson.com.*
"I first read this novel when I was 18. I loved the nostalgia and beautiful storytelling."

"For dressing up, Chanel, Céline, and Balenciaga are some of my favorite designers."

COOLEST CREAM
5. SK-II R.N.A.Power Cream, *$230, sk-ii.com.*
"It's soothing and extremely hydrating."

SUREFIRE LIP SHADE
6. Nars Velvet Matte Lip Pencil, *$27, narscosmetics.com.*
"This pencil in Bahama has the perfect texture and color for me."

SKIN SAVIOR
7. Mother Dirt Face and Body Cleanser, *$15, motherdirt.com.*
"The entire skin-care line really helps my rosacea."

TOP TIPPLE
8. Casamigos tequila añejo, *$55, casamigos.com.*
"On weekends I'll have a glass of this with soda and a squeeze of lime."

BEST BLUSH
9. Chanel Joues Contraste Powder Blush, *$45, chanel.com.*
"The Rosewood shade gives me just the right rosy complexion."

BETTER BRONZER
10. Guerlain Terracotta Bronzing Powder, *$53, sephora.com.*
"A little bit makes even the most tired person look fresher!"

MUST-HAVE TOOLS
11. Hakudo Basic three-piece brush set, *$90, hakuhodousa.com.*
"These handcrafted makeup brushes have the best quality out there."

SIGNATURE SCENT
12. Melograno Aqua di Colonia, *$125 for 100 ml, smnovella.com.*
"I've been wearing it for 20 or so years now. I love how clean it smells."

DREAM DESTINATION
13. Castiglion del Bosco, *castigliondelbosco.com.*
"I hope to stay next at this resort in Siena, Italy."

EVERYDAY SHOE
14. All Birds wool loungers, *$95, allbirds.com.*
"These slip-ons are so cozy. You don't need socks, and you never sweat in them. They're perfect!"

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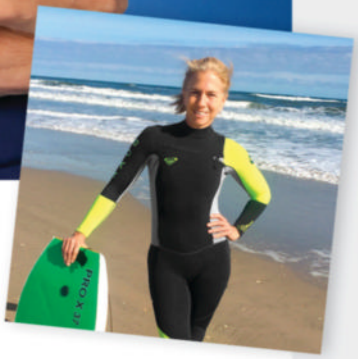
A strong FINISH requires a strong START



Meet: Lisa W. age 52

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Goals for One Strong Day: *I always aim to nourish my mind and body with great food and exercise, and challenge myself to learn something new. And, if I can manage to get in 100 pushups throughout the day, even better!*

Today's Accomplishments: *I woke up from a full, quality night of sleep—I set an alarm to remind me to prep for bed. A breakfast made with lean protein, healthy fats, and whole grains helps keep me fueled for boogie boarding with my husband. Ending the day with a little meditation was the best way to unwind and de-stress.*

Can't Start the Day Without: *A hot cup of tea and a healthy balanced breakfast, like Quaker® Oats and berries, are my go-tos. Maintaining a heart-healthy diet is paramount for me.*

Andrea Metcalf
Fitness and nutrition expert shares how to keep your heart healthy.

It starts with real nutrition

First Things First

Skipping breakfast may be associated with weight gain. Maintaining a healthy body weight is one key to cutting your risk for heart disease. Start with a healthy breakfast including whole grains, fruits, and protein while avoiding the high-saturated fats like bacon.

Food for Thought

Oatmeal provides soluble fiber, which may help you feel full and has been shown to help lower cholesterol as part of a diet low in saturated fat.

Simplicity is Key

Who says you can't eat the same thing several times a week? Stress less in the morning with a simple breakfast that'll make mornings a breeze. Oatmeal makes it easy to customize with your favorite mix-ins, which makes your taste buds—and heart—happy!

Helper of Hearts

Food plays an important role in heart health. Whole grains—in particular oats—have been repeatedly shown to lower blood cholesterol, thanks to the soluble fiber called beta-glucan. Three grams of soluble oat fiber daily in a diet low in saturated fat and cholesterol may help reduce the risk of heart disease. Old Fashioned Quaker® Oats has two grams per serving. Find Quaker® Oats at your local retailer.

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Soothing Pain

Attention, tough women everywhere: When an ache or injury happens, resist the tendency to grin and bear it (or to take the strongest dose of anything you have). Instead, learn how to ease discomfort when it strikes—and manage it if it lingers.

TEXT BY RACHEL MORRIS

WHEN YOU'RE SORE from jogging a few miles or taking a weight-training class, you probably think of it as "good pain." And the truth is, most twinges and pangs are helpful ones. Whether simply uncomfortable or truly sharp, they're signs that your body is reacting to a trauma exactly as it should. "Pain is the body's alarm system," says Naileshni Singh, M.D., an associate professor of anesthesiology and pain medicine at the University of California, Davis, in Sacramento. It alerts us when something is dangerous or needs our attention.

The physical sensations are the result of nerve stimulation. If you could look inside your body after burning your finger, for example, you'd see your nervous system fully fired up. Sensory nerve cells at the injury site would be busy dispatching SOS messages up the spine to the brain, which would process them and send "ouch" signals back out. As the body repairs itself, those signals gradually subside. Luckily, we tend to recover from temporary distress—also known as acute pain—relatively quickly, within 30 seconds (for a stubbed toe) to three months (a sprained ankle).

Chronic pain is less linear. It develops when an injury or condition lasts longer than six months, or when the nervous system's wiring malfunctions and sends out "ouch" signals nonstop. You or someone you know is probably all too familiar with this particular kind of long-term suffering: About 25 million adults in the U.S. (more than one in 10) say they deal with chronic pain daily—from a creaky lower back to the debilitating side effects of diabetes or arthritis.

No matter the cause or type, there are ways to handle the pain thoughtfully—in the moment and over the long run.

PHOTOGRAPH BY JOHNNY MILLER

Lisendji, Haiti

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Walgreens will donate 1% of participating products' retail sales made 1/1/17-12/31/20 to Vitamin Angels.

① AT-HOME TREATMENT

Most pain recedes with rest and time, but the following tactics will help move it along. The exceptions are injuries that require immediate attention—a potential broken bone, a cut that calls for stitches—or aren't healing properly or as quickly as they should (see section 2, below).

START SANS MEDS The brain may be our most powerful pain-management tool. Because the part of it that registers physical distress lives near the area that deals with mood and emotion, your outlook can directly affect how you process it, says Robert Jamison, Ph.D., an associate professor of anesthesiology and psychiatry at Brigham and Women's Hospital/Harvard Medical School, in Boston. Stress-reducing activities, like meditation and deep breathing, "distract from discomfort and may calm pain signals from the brain," says Traci Speed, M.D., an assistant professor of psychiatry at Johns Hopkins Medicine, in Baltimore. With practice, you will feel better physically and learn how to curb the negative emotions that can drag you down further. (There's an even easier strategy for on-the-spot relief: The next time you get a paper cut, try swearing. One U.K. study showed that the four-letter fix really does take out the sting.)

THEN GET MOVING It may be tempting to skip exercise when your body is giving you grief, but with most aches, you actually benefit from low-impact activities like walking, swimming, and yoga. Not only does the movement increase blood flow that boosts healing, but shoring up the muscles surrounding a tender spot can take pressure off the area. In fact, a 2013 study showed that core-building exercises like planks can reduce chronic lower back pain by as much as 77 percent.

GO OTC IF NEEDED Heat wraps can help relax the hurting muscles and joints that accompany older injuries and arthritis. If the pain persists, use nonsteroidal anti-inflammatory drugs (NSAIDs), such as Advil and Aleve, for soreness or throbbing (like a stiff back); some headaches may respond better to acetaminophen (Tylenol). Consider topical creams, sprays, and patches, too, says Christopher Gharibo, M.D., a pain specialist at NYU Langone Health. Scan labels for menthol, capsaicin, or lidocaine, which assist by reducing pain signals or distracting nerves. If those don't do the trick, ask your doctor about combining an NSAID and acetaminophen: Studies show that when taken together, they can ease sprains, strains, and fractures as well as an opioid.

② WHEN TO SEE A DOC

If pain lasts long enough to inhibit daily activities, or if any accompanying symptoms, such as swelling, warmth, or redness, persist after 72 hours, make an appointment—and be ready to answer these questions.

WHEN DID IT START? Pinpoint when and where you first felt it. Did it come on suddenly or gradually? Did a specific incident (lifting something heavy, shoveling the driveway) trigger it?

WHAT IS THE EXACT SENSATION? Words like *dull, tender, tingling, sharp,* and *stabbing* can reveal the root cause of an ailment. Nerve damage, for example, may feel like numbness or skin sensitivity, while stiffness and swelling can point to a joint problem. You'll also need to show your doctor exactly where it is, and which movements exacerbate and ease it.

HOW DOES IT AFFECT YOUR ROUTINE? Traditionally, doctors have used a 0-to-10 scale to gauge patients' pain levels. That can be problematic, though: For various reasons—including genetics, mood, and personality—your four could be someone else's nine. Docs still use the scale to determine if therapies are working (did ibuprofen bring your level-nine hip agony down to a five?), but it's less important than hearing in detail how your pain is interfering with your life. Maybe it wakes you at night, or jolts you every time you pick up your kid. Share all those specifics.

WHAT ARE YOUR EXPECTATIONS? While the end goal is to get you back to 100 percent, it isn't always feasible to nix chronic pain completely. Knowing what your objectives are—to play catch with the dog again, or return to running—will help your M.D. create a realistic, effective plan.

③ NEXT STEPS

Depending on your ailment, your doctor may tell you to stay the course with at-home care. She may send you to physical therapy, or prescribe a more specific treatment. Muscle spasms, for example, respond well to corticosteroid injections, and some chronic pain is best managed by NSAIDs, a short course of oral corticosteroids, or a low dose of certain antidepressants. (You're less likely to walk out with an opioid prescription today, as they can be dangerously addictive. If you are advised to take one, ask your doctor if a low dose is adequate.) Surgery is typically a last resort. A recent study found that using it for shoulder problems had similar outcomes to a placebo's. If your M.D. suggests a non-emergency operation as a first line of treatment, seek a second (or even a third) opinion. There's often plenty you can do to take charge of your pain without going under the knife.

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MarthaStewart.com

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What's Cooking?

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WHAT'S FOR DINNER?
Sarah Carey turns basic ingredients into weeknight wonders.

KITCHEN CONUNDRUMS
Thomas Joseph solves yours with foolproof tricks and techniques.

SWEET TALK
Lindsay Strand's recipes remind you to save room for dessert.

HEALTHY APPETITE
Shira Bocar lightens up traditional mains and sides.

PIETER ESTERSOHN (CLOSET); JOHNNY MILLER (SHIRA)

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Everyday FOOD

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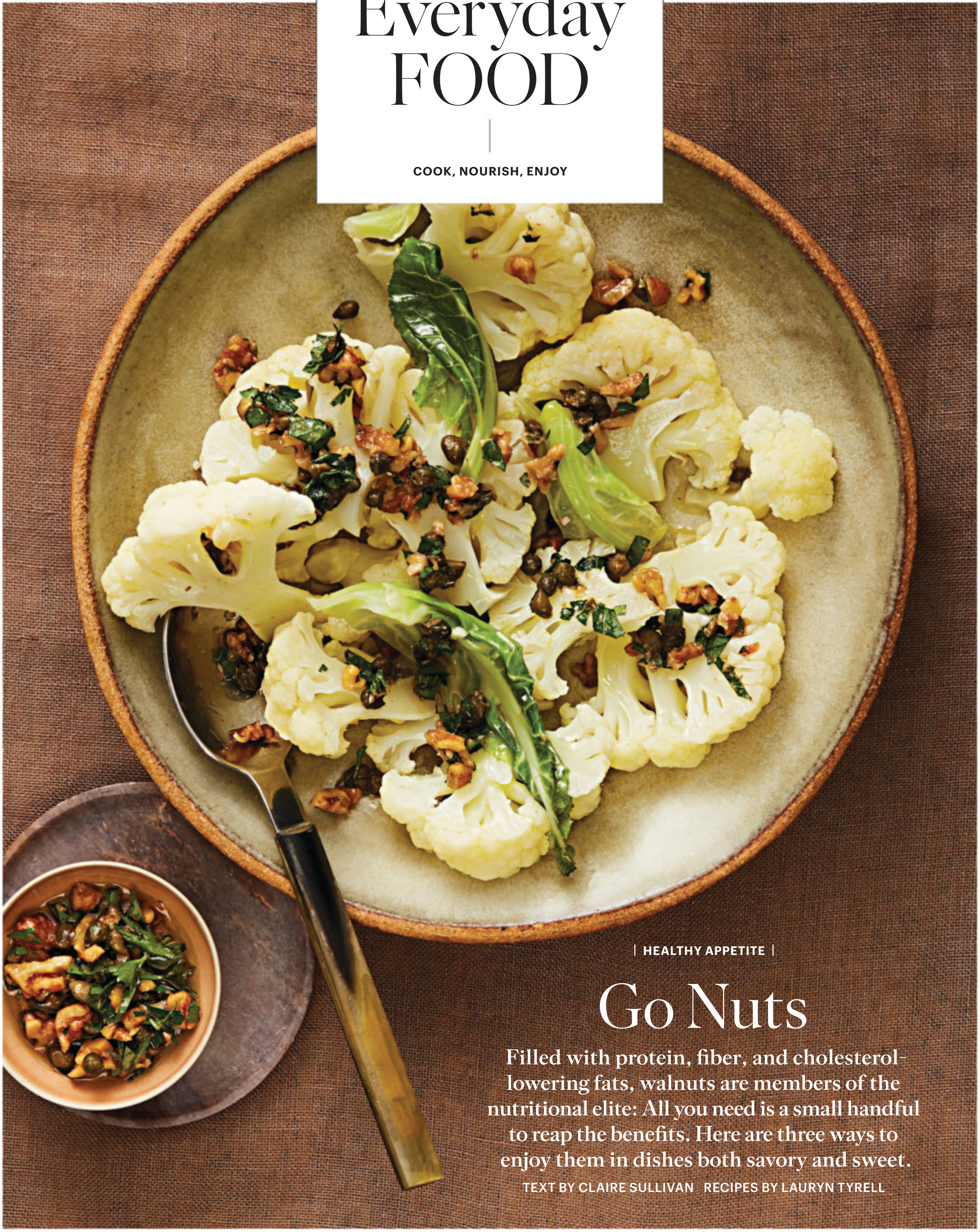

| HEALTHY APPETITE |

Go Nuts

Filled with protein, fiber, and cholesterol-lowering fats, walnuts are members of the nutritional elite: All you need is a small handful to reap the benefits. Here are three ways to enjoy them in dishes both savory and sweet.

TEXT BY CLAIRE SULLIVAN RECIPES BY LAURYN TYRELL

FOOD STYLING BY LAURYN TYRELL; PROP STYLING BY AYESHA PATEL

PHOTOGRAPHS BY SIDNEY BENSIMON

A HEART-HEALTHY SIDE

Walnuts rank higher than most other nuts in a vitamin E compound proven to keep blood vessels in good working order. (The vitamin protects skin, too.)

Steamed Cauliflower With Walnut Vinaigrette

Preheat oven to 400°. Mash 1 teaspoon chopped **garlic** and ¼ teaspoon **kosher salt** into a paste. Toss with ½ cup **walnuts,** ¼ cup grated **Parmesan,** and 2 tablespoons **extra-virgin olive oil.** Roast on a rimmed baking sheet until golden, 7 to 10 minutes. Let cool. Cut 1 pound **cauliflower florets** into 1-inch-thick planks. Steam in a pot of salted boiling water fitted with a steamer basket until crisp-tender, about 7 minutes. Finely chop roasted nuts; toss with 2 tablespoons rinsed and drained **capers,** ¼ cup chopped **parsley,** 2 teaspoons **red-wine vinegar,** and 1 tablespoon oil. Season with salt and **pepper.** Divide cauliflower among plates, spoon on vinaigrette, drizzle with more oil, and serve.

ACTIVE TIME: 20 MIN. | **TOTAL TIME:** 35 MIN. | **SERVES:** 4

A CHOLESTEROL-FRIENDLY LUNCH

Pull off an omega-3 hat trick in one meal: The nuts add a type of the fatty acid that helps reduce levels of bad cholesterol, while salmon raises the good kind with two other versions of the fat.

Salmon Salad With Celery and Walnuts

Stir together ½ cup sliced **red onion,** ¼ cup **fresh lemon juice,** and ½ teaspoon **kosher salt.** Let stand 30 minutes. In a separate bowl, toss together 2 tablespoons chopped **golden raisins** and ½ cup each chopped **celery** and **walnuts** with ¼ cup **cottage cheese** and 2 tablespoons lemon juice. Fold in 5 ounces flaked cooked **salmon** (2 cups); season with salt and freshly ground **pepper.** Serve on **rustic whole-grain toast** with **mixed greens,** more onion, and a drizzle of **extra-virgin olive oil.**

ACTIVE TIME: 15 MIN. | **TOTAL TIME:** 45 MIN | **SERVES:** 4

A SUPERFOOD SWEET

Both walnuts and dark chocolate are rich in polyphenols, antioxidants that reduce inflammation and help promote heart and brain health.

Dark Chocolate–Walnut Date Bar

Brush a 9-by-5-inch loaf pan with **raw unrefined coconut oil** and line with parchment, leaving a 2-inch overhang on long sides. In a food processor, pulse 1½ cups **walnut pieces,** 2 cups chopped **dates,** ¼ cup **natural peanut butter,** 2 teaspoons **pure vanilla extract,** and ¼ teaspoon **kosher salt** until finely chopped and mixture holds together. Transfer to a parchment-lined baking sheet and lightly knead to pack together; pat into an 8-inch square. Refrigerate until firm, 20 minutes. Meanwhile, melt 4 ounces **semisweet chocolate** with 1 tablespoon coconut oil. Halve nut mixture and press one part into loaf pan. Drizzle with half of chocolate. Refrigerate until chocolate just begins to set, 10 minutes. Press in remaining nut mixture and spread with remaining chocolate. Sprinkle with ¼ cup walnut pieces and **flaky sea salt.** Refrigerate until firm, at least 2 hours. To serve, let stand at room temperature 10 minutes, then remove from pan using parchment before slicing.

ACTIVE TIME: 20 MIN. | **TOTAL TIME:** 40 MIN., PLUS COOLING | **SERVES:** 8

Walnuts are highly sensitive to heat. To help keep them fresh, store them in an airtight container in the refrigerator or freezer for up to seven months.

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Cherry tomatoes, grown in greenhouses, mingle with ginger, shallots, and cumin in this sunny vegetable dal.

| WHAT'S FOR DINNER? |

BRIGHTEN UP

It may sound counterintuitive, but stick with us: To satisfy spring cravings, bring on the cold-weather produce. In our quick recipes, carrots, cabbage, and more mix with herbs and spices to make colorful meals that knock the wind out of winter.

TEXT BY CLAIRE SULLIVAN   RECIPES BY LAURYN TYRELL

FOOD STYLING BY LAURYN TYRELL; PROP STYLING BY AYESHA PATEL

Red-Hot Chicken and Chickpeas

Golden Dal With Gingered Tomatoes

Green Pasta With Shortcut Turkey Meatballs

Purple Power Bowl With Tuna

Red-Hot Chicken and Chickpeas

1 can (15 ounces) chickpeas, rinsed and drained
1 jar (12 ounces) roasted red peppers, drained (reserving 1 teaspoon brine) and sliced
2 tablespoons unsalted butter, melted
2 tablespoons hot sauce, such as Goya
¼ teaspoon smoked paprika
Kosher salt and freshly ground pepper
4 small chicken legs (about 2¼ pounds total)
2 cups watercress, tough stems removed
1 lemon, cut into wedges
Toasted flatbread, for serving

1. Preheat oven to 450° with rack in upper third. Scatter chickpeas and peppers in the bottom of a shallow, broilerproof 9-by-13-inch baking dish. Stir together butter, hot sauce, paprika, and pepper brine. Season with salt. Place chicken on top of chickpea mixture and brush both sides with all of butter mixture; season with salt and pepper. Roast, skin-side up, until chicken begins to brown and a thermometer inserted into thickest parts (not touching bones) reads 160°, 25 to 30 minutes.

2. Switch oven to broil. Brush chicken with pan drippings and broil until skin is charred in spots, 2 to 3 minutes. Lightly dress watercress with squeezed lemon and pan drippings. Serve chicken-chickpea mixture with watercress, flatbread, and lemon.

ACTIVE TIME: 10 MIN. | **TOTAL TIME:** 40 MIN. | **SERVES:** 4

Golden Dal With Gingered Tomatoes

2 cups red lentils, rinsed
Kosher salt and freshly ground pepper
1 teaspoon ground turmeric
5 cups assorted orange and yellow vegetables (such as carrots, golden beets, and orange bell peppers), cut into a ¾-inch dice
1 tablespoon cumin seeds
¼ cup raw unrefined coconut oil
4 shallots, thinly sliced (1 cup)
1 piece ginger (2 inches), peeled and julienned (¼ cup)
3 cups halved cherry or grape tomatoes
Greek yogurt and fresh mint leaves, for serving

1. In a large pot, combine lentils, 2 teaspoons salt, turmeric, and 8 cups water. Bring to a boil, then reduce heat to medium-low and add vegetables. Simmer, stirring often, until vegetables are tender and lentils have broken down, about 45 minutes. Season with more salt, if desired.

2. Meanwhile, in a large skillet, heat cumin seeds in oil over medium-high until sizzling, 1 to 2 minutes. Add shallots and ginger; cook, stirring occasionally, until brown, 3 to 4 minutes. Add tomatoes; season with salt and pepper. Cook, stirring often, until tomatoes just begin to burst, about 2 minutes more. Spoon tomato mixture over lentils and serve, topped with a dollop of yogurt and mint.

ACTIVE TIME: 25 MIN. | **TOTAL TIME:** 1 HR. | **SERVES:** 6

Green Pasta With Shortcut Turkey Meatballs

7 cups packed curly spinach leaves, well washed and dried
2 cups packed fresh basil leaves
1 tablespoon fresh lemon juice
1½ cups frozen peas, thawed
⅓ cup extra-virgin olive oil, plus more for drizzling
⅓ cup grated Parmesan, plus more for serving
Kosher salt and freshly ground pepper
12 ounces sweet Italian turkey sausage (3 to 4 links)
1 pound short pasta, such as penne rigate

1. Preheat oven to 450°. In a food processor, combine 4 cups spinach, basil, lemon juice, ½ cup peas, and olive oil; process until combined. Pulse in cheese; season with salt and pepper. Using kitchen shears, snip sausage into 1-inch pieces. Drizzle with oil; roast on a rimmed baking sheet until undersides are brown, 7 to 8 minutes. Flip and push to one side. Lightly drizzle remaining 3 cups spinach with oil; season with salt and pepper. Scatter evenly over other half of sheet; roast until sausage is cooked through and spinach is crisp, 5 to 6 minutes more.

2. Meanwhile, cook pasta in a pot of salted boiling water according to package directions. Drain, reserving 1 cup pasta water. Return pasta to pot; add pesto, sausage, remaining 1 cup peas, and pasta water, ¼ cup at a time, until evenly coated. Season with salt and pepper. Serve, topped with crisped spinach, more cheese, and a drizzle of oil.

ACTIVE TIME: 25 MIN. | **TOTAL TIME:** 35 MIN. | **SERVES:** 4

Purple Power Bowl With Tuna

1 cup long-grain rice, such as basmati
Kosher salt and freshly ground pepper
3 tablespoons extra-virgin olive oil, plus more for drizzling
1 can (15 ounces) black beans, rinsed and drained
2 cups packed cilantro leaves, plus more for serving
¾ cup sour cream
1 tablespoon fresh lime juice, plus wedges for serving
¼ teaspoon plus a pinch chili powder
4 cups shredded red cabbage (from ½ head)
1 tuna steak (1 inch thick), chilled, cut along the grain into thirds
Flaky sea salt and sliced radishes, for serving

1. In a small saucepan, combine rice and 1½ cups water. Season with kosher salt and pepper; drizzle with oil. Bring to a boil, then reduce heat to low; cook, covered, until water is absorbed, 12 to 15 minutes. Remove from heat; let stand, covered, 10 minutes. Stir in beans. In a food processor, purée cilantro, sour cream, lime juice, 2 tablespoons oil, and pinch of chili powder. Season with kosher salt. Toss cabbage with ¼ cup dressing; season with kosher salt and pepper.

2. Heat a small skillet over high. Pat tuna dry; season with salt and remaining chili powder. Swirl remaining oil in skillet; add tuna. Cook until golden brown on all sides, 1 to 2 minutes total. Let stand 5 minutes; slice thinly against the grain. Sprinkle with flaky salt. Serve with rice mixture, slaw, radishes, cilantro, lime wedges, and dressing.

ACTIVE TIME: 25 MIN. | **TOTAL TIME:** 45 MIN. | **SERVES:** 4

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A prebake brush of olive oil and sprinkle of salt are the tricks to crunchy, tasty skin, which is packed with fiber, calcium, and vitamins.

| PERFECTING ... |

THE BAKED POTATO

A humble spud transforms into a tender, fluffy cloud encased in a crisp jacket when you prepare it right. Enlist our easy technique.

TEXT BY CLAIRE SULLIVAN RECIPES BY GREG LOFTS

MARTHA'S FAVORITE

This classic rendition is a regular on her lunch rotation. Russets are the best spud for the job; because of their high starch content, they yield a softer, airier center than waxier varieties do. Our recipe works for any number of potatoes, but don't plan on leftovers—they'll dry out when reheated. Dig in while they're piping hot.

1 Prep

Thoroughly wash and dry 4 **russet potatoes**. Prick each in a few spots with a fork. Brush with **extra-virgin olive oil** and season with **kosher salt**.

2 Bake

Preheat oven to 400°. Place potatoes directly on rack and bake until soft and easily pierced with the tip of a knife, 1 hour to 1 hour, 15 minutes, depending on size. Remove from oven.

3 Slam, Slice & Serve

Grab a hot potato with a clean kitchen towel and bang it down firmly on the counter once to fluff up the flesh. Cut open, season generously with salt and freshly ground **pepper**, and top with **unsalted butter**, **sour cream**, and chopped **chives**.

FOOD STYLING BY GREG LOFTS; PROP STYLING BY AYESHA PATEL

ONE POTATO, TWO POTATO

Pile on these hearty toppings to turn the steakhouse side into a satisfying, self-contained meal.

Roasted Broccoli With Cheddar-Cheese Sauce

Toss 4 cups **broccoli florets** with 2 tablespoons **extra-virgin olive oil.** Spread onto a rimmed baking sheet; season with **kosher salt** and freshly ground **pepper.** When potatoes are halfway through baking, place sheet on rack in lower third. Cook until broccoli is tender and brown in places, about 20 minutes. Melt 3 tablespoons **unsalted butter** in a saucepan over medium-high heat. Whisk in 3 tablespoons **all-purpose flour.** Cook until golden, about 1 minute. Whisk in 1½ cups **whole milk.** Boil, whisking, until thickened slightly, 3 to 4 minutes. Remove from heat. Stir in 1½ cups shredded **sharp cheddar,** a pinch of **cayenne pepper,** and ½ teaspoon salt until smooth. Top potatoes with broccoli and drizzle with sauce; serve.

To amp up the flavor, always season the inside with salt and pepper before adding other toppings.

HOW TO PICK A POTATO

Look for these three signs of greatness:

- A smooth surface and even complexion. If a tater has lots of eyes or dark spots, skip it.
- A tan jacket. A greenish tint means that it's old.
- Some heft. Choose ones that feel heavy for their size.

BLT

In a bowl, whisk together ½ cup **buttermilk,** ¼ cup **mayonnaise,** ½ teaspoon **kosher salt,** and ¼ teaspoon freshly ground **pepper.** Top baked potatoes with shredded **romaine** or **iceberg lettuce,** halved **cherry tomatoes** seasoned with salt, and crumbled cooked **bacon.** Drizzle generously with buttermilk dressing and serve.

Rajas With Sour Cream

Halve and thinly slice 2 stemmed, seeded **poblano peppers** and 1 small **white onion.** Heat 3 tablespoons **extra-virgin olive oil** in a large skillet over medium-high. Add peppers and onion, season with **kosher salt,** and cook, stirring occasionally, until tender and golden in places, 12 to 15 minutes. Stir in ½ cup **chicken broth** or water and ¼ cup **sour cream.** Boil until mixture thickens slightly, about 2 minutes. Stir in 2 teaspoons each **Worcestershire sauce** and **fresh lime juice.** Top baked potatoes with mixture and serve with more **sour cream** and **cilantro leaves.**

FOOD STYLING BY GREG LOFTS; PROP STYLING BY AYESHA PATEL; ILLUSTRATION BY BROWN BIRD DESIGN

| EFFICIENCY EXPERT |

GOOD TO THE LAST DROP

With the triple threat of tomatoes, olive oil, and garlic in its DNA, marinara sauce has impressive range beyond pasta topper. Hang onto what's left in the pot (or jar): Every spoonful can be put to great—and totally new—use.

TEXT BY CLAIRE SULLIVAN RECIPES BY SHIRA BOCAR

Baked Feta-Marinara Dip

YOU'LL NEED . . .
1½ cups sauce

Preheat oven to 350°. In a blender, process **marinara** and 3 jarred **piquillo peppers** (drained) until smooth; transfer to a small (about 8-by-6-inch) heatproof dish. Top with an 8-ounce block of **feta**. Bake until bubbly around edges, about 20 minutes. Garnish with **fresh basil leaves** and **red-pepper flakes**, and serve with **crostini**.

ACTIVE TIME: 5 MIN. | **TOTAL TIME:** 25 MIN. | **SERVES:** 4

SIMPLY DELICIOUS

Homemade marinara requires only five ingredients and can be stored in the fridge for a week, or in the freezer for up to one month. Get our recipe at *martha stewart.com/marinara.*

Spiced Indian Shrimp

Tomatoes and garlic are the foundation for many dishes around the globe. Here, garam masala, ginger, and scallions build on the fragrant base.

YOU'LL NEED . . .
1½ cups sauce

In a large skillet, heat 1 tablespoon **safflower oil** or ghee over medium-high. Season 1 pound peeled and deveined **large shrimp** with **kosher salt** and freshly ground **pepper;** sprinkle with 2 teaspoons **garam masala.** Add to skillet in a single layer and cook, flipping once, until opaque, about 3 minutes; transfer to a plate. Reduce heat to medium; add 1 tablespoon **safflower oil** or ghee and swirl to coat. Add 1 cup diced **onion** and 1 tablespoon minced **ginger;** cook, stirring, until onion is tender, about 8 minutes. Season with salt and pepper. Add **marinara;** simmer until slightly thickened, about 5 minutes. Remove from heat; stir in 2 tablespoons **heavy cream** and shrimp with any accumulated juices. Season with salt and pepper. Serve over steamed **couscous** or **long-grain rice,** topped with thinly sliced **scallions.**

ACTIVE TIME: 25 MIN. | **TOTAL TIME:** 30 MIN. | **SERVES:** 4

RAO'S
HOMEMADE
MARINARA SAUCE

TEST-KITCHEN PICK

For a premade pinch hitter, we recommend Rao's Homemade marinara sauce ($9 for 24 oz., ***raos.com*****).**

Quick Vegetarian Chili

Marinara's deeply melded flavor gives this chili a big head start; it's ready in under an hour.

YOU'LL NEED . . .
2 cups sauce

In a medium pot, heat 2 tablespoons **extra-virgin olive oil** over medium-high. Add 1 chopped **onion** and 1 **green bell pepper,** cut into a ½-inch dice; season with **kosher salt** and cook, stirring, until tender, 6 to 8 minutes. Add 1 teaspoon **ground cumin** and 1 teaspoon **chipotle-chile powder;** cook until fragrant, 1 minute. Add **marinara,** 2 cups water, and a 15-ounce can of **black beans** and a 15-ounce can of **red kidney beans,** both drained and rinsed; bring to a boil. Reduce to a simmer and cook, stirring occasionally, until slightly thickened, about 25 minutes. Season with salt and freshly ground **pepper.** Serve, topped with chopped **avocado, cilantro,** thinly sliced **chile peppers,** and **sour cream.**

ACTIVE TIME: 25 MIN. | **TOTAL TIME:** 50 MIN. | **SERVES:** 4

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March

"There is no time like spring,
when life's alive in everything."

—English poet Christina Rossetti

STYLING BY NAOMI DeMAÑANA

PHOTOGRAPH BY MIKKEL VANG

PRESERVED LEMONS

photographs by
JOHNNY MILLER
text by
MICHELLE SHIH
recipes by
SARAH CAREY

LOVELY LEMONS

Brightness incarnate, the all-star of citrus adds a sparkle to everything it touches—and the entire fruit can be put to delicious use, from its fresh juice and pulp to the aromatic zest and tart pith. Whether preserved and tossed with potatoes, simmered into a marmalade for basting a roasted chicken, or freshly squeezed into a lip-smacking tart, it'll jolt your taste buds right out of hibernation.

POTATOES *with* PRESERVED LEMON, GARLIC, *and* CHILES

Take one bite of these roasted potatoes, and let the crunchy exterior, pillowy center, and lively flavor hit you in happy waves. The key: parboiling the spuds, which cooks off some of the moisture so they get extra-crispy in a hot oven. Chopped preserved lemon, along with chiles and red onion, envelops them in tangy, salty goodness that plays well with the fresh parsley and mint that are sprinkled on just before serving.

ASPARAGUS *with* ALMONDS, GOAT CHEESE, *and* BASIL

This asparagus salad is a win-win for the shoulder season: It feeds cravings for something fresh and green but still serves up comfort. The mustard dressing makes ingenious use of a soft-cooked egg yolk—just whisk it together to emulsify and add richness—and supremed lemon segments supplement the usual juice for extra zing. Top the dish with creamy goat cheese, crunchy almonds, and shredded zest—all natural foils for the tender stalks.

CREAMY LEMON PASTA *with* PISTACHIOS

Vegetarian spaghetti carbonara is not an oxymoron. In fact, it might actually be better than the original. This recipe keeps the eggs and cheese from the classic, but introduces a touch of cream for body, buttered breadcrumbs and meaty pistachios for crunch, and a heap of invigorating lemon zest for zip.

MEYER-LEMON
and
CARDAMOM
MARMALADE

ROAST CHICKEN *with* LEMONY HARISSA GLAZE

Lemon and chicken have always been friendly, but this sweet-and-spicy glaze, which enlists the entire fruit, turns the relationship into an all-out lovefest. First spatchcock the bird, meaning cut out the backbone and flatten the rest, to speed up cooking time. (Even better, set it on a bed of onions, which acts as a rack while flavoring the pan juices.) Next, smear on a marinade of lemon juice and zest, ginger, scallions, cilantro, and harissa. Baste with more of this mixture along with lemon marmalade halfway through roasting—use either our intense cardamom-spiked version (opposite) or store-bought—to ensure that the sugar in it gets burnished, not burned.

MEYER-LEMON *and* COCONUT LAYER CAKE

Four lofty layers give this dessert its breathtaking stature. Coconut oil appears in the cake and frosting, and shredded coconut goes both into the curd and on the sides. What really makes the curd sing is an intense, lemony blend of aromatic Meyers and sour regular ones. Beating butter into the dry ingredients (a technique called reverse creaming) ensures the super-tender texture of a boxed mix with the deliciousness of something made from scratch. Wheels of candied lemon (and sprigs of mint) are the eye-popping sugar on top.

ATLANTIC-BEACH-TART BARS

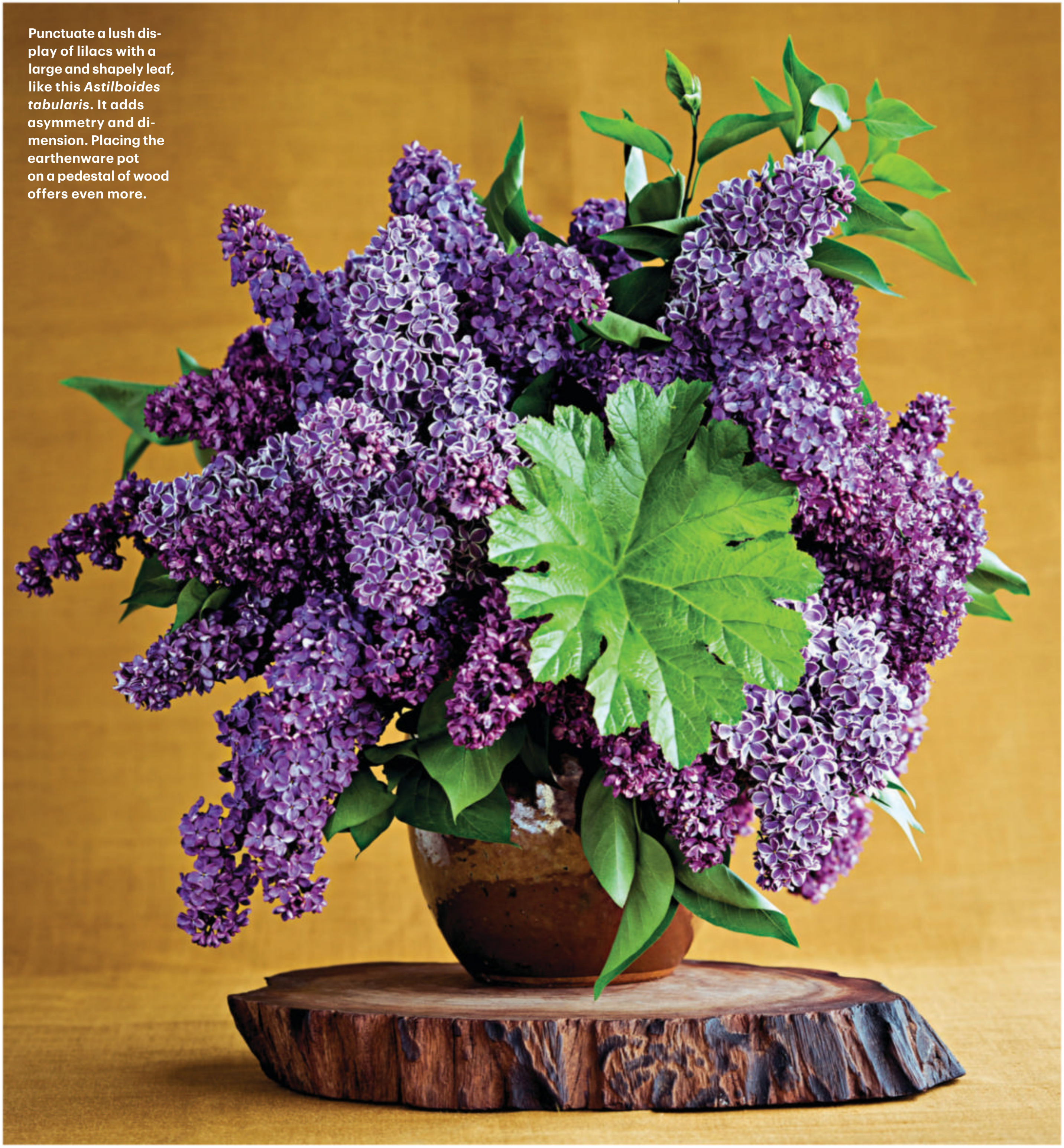
Consider this confection a cross between a lemon square and Key lime pie. It takes seven simple ingredients and spins them into gold. The easy press-in crust uses crushed saltines (eureka!), while the filling melds lemon juice and sweetened condensed milk into sunny, velvety lusciousness. Bake it in rectangular tart pans and serve in slender, elegant slices, or keep it real with a 9-by-13-inch pan and cut it into squares you can grab (and grab them you will) with one hand.

ART DIRECTION BY DAWN SINKOWSKI; FOOD STYLING BY SARAH CAREY; PROP STYLING BY AYESHA PATEL

HOME GROWN

Martha's Kawasaki Mule, loaded up with buckets of lilacs cut from her gardens, heads back to the house through the linden allée.

LILACS



Punctuate a lush display of lilacs with a large and shapely leaf, like this *Astilboides tabularis*. It adds asymmetry and dimension. Placing the earthenware pot on a pedestal of wood offers even more.

GABRIELA HERMAN

Martha Stewart has been planting and growing blooms since she was a little girl helping her father in the garden. In her new book, **MARTHA'S FLOWERS**, out February 27, she shares decades of gardening wisdom, along with more than 100 creative and inventive arrangements by Kevin Sharkey, her longtime friend and colleague. **PEEK INSIDE THIS EXCLUSIVE PREVIEW, JUST AS THE FIRST BUDS OF SPRING UNFURL.**

Martha & Kevin

These two have been collaborating for more than 20 years. Kevin, who was educated at Rhode Island School of Design and began his career at the decorating firm Parish-Hadley, started working for Martha as a style assistant, and is now EVP, executive director of design of the Martha brand. "I've always enjoyed Kevin's company, and how knowledgeable he is on so many things," says Martha.

Amazing Azaleas

"Of all the shrubs that flower in spring, rhododendrons—especially azaleas—provide some of the most brilliant displays and can thrive in a variety of conditions," says Martha. Kevin agrees: "I used to think of them as filler flowers, but they're at their best when they're the center of attention. They add a little spark and fizz to denser arrangements of flowers, like peonies."

THERE IS NO LACK OF flowers for arranging and enjoying at Cantitoe Farm, my 150-acre property in Katonah, New York, and no shortage of incredible opportunities to grow more of everything. I have planted masses of my favorite kinds: a giant bed of pink-colored peonies; a very large perennial garden filled with all of my favorite lilies, poppies, and irises, among hundreds of others; two long gardens filled with many kinds of lilac shrubs; and borders of hydrangeas, Japanese maple trees, clematis, shade plants, and tulip beds.

Over time, I have become more interested in variety, more picky with color choices, and more critical of each and every thing I have nurtured, wanting each plant to be healthy, each flower to be usable, and the gardens to be a constant source of inspiration to others, notably my friend and colleague Kevin Sharkey.

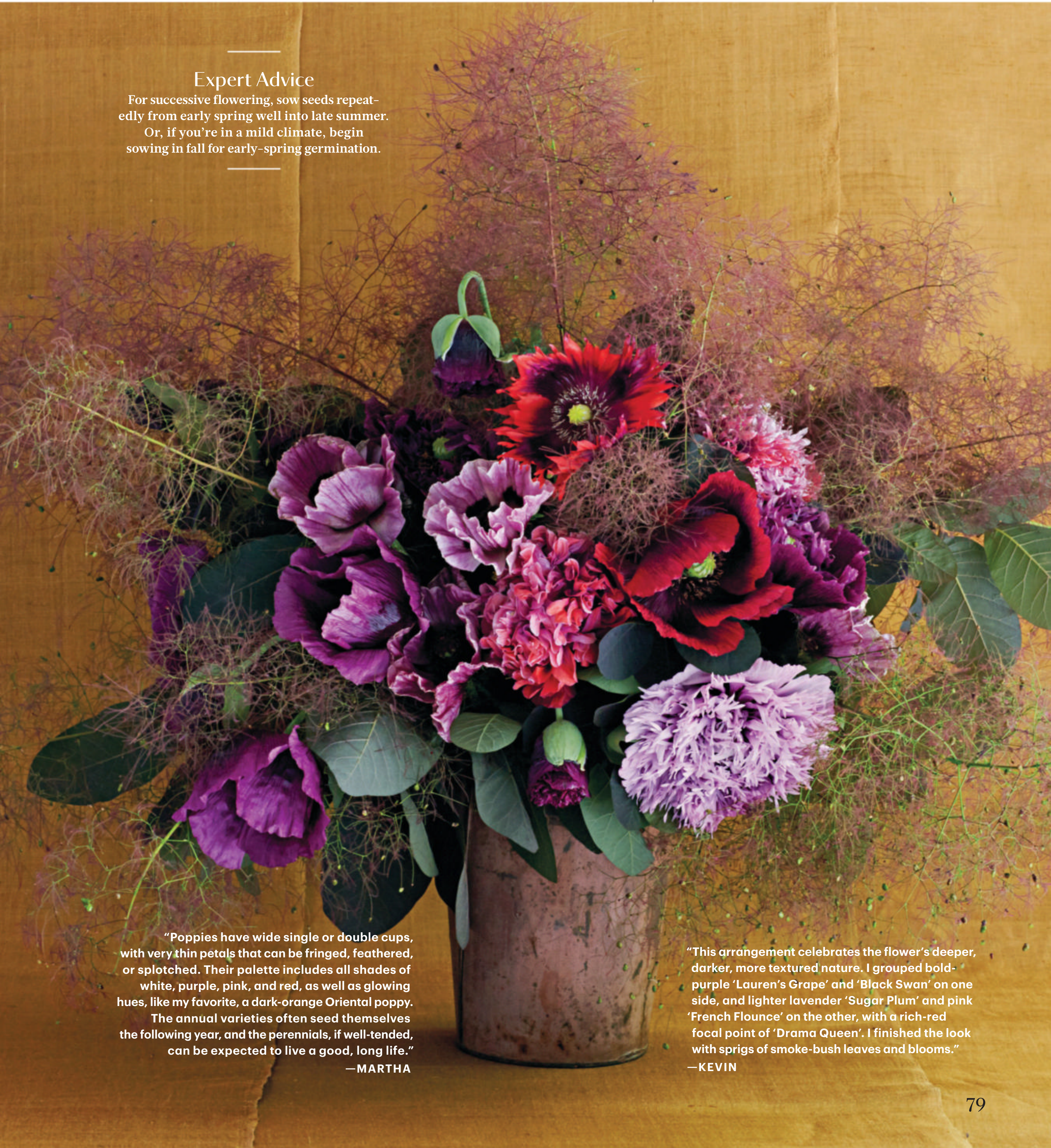
As we walked through my gardens years ago, it became clear to both of us that I was the grower, and he was the cutter and arranger. It was as if I wrote the music, and he wrote the lyrics. We started our collaboration at Turkey Hill in Westport, Connecticut, and then continued it in East Hampton, New York; in Katonah; and in Seal Harbor, Maine. Kevin knows my gardens almost as well as I do, and he knows exactly what will look good in the planned location and what will not. I trust him with scissors like no other, except for my daughter, Alexis. When he ventures into the landscape to pick and combine what I have grown into coherent "wholes," he creates beautiful bouquets that fit the spaces allocated, the season, and the occasion.

The arrangements in this book resulted from our close planning and envisioning—and luck—in growing spectacular blooms that combine well with one another, or with foliage, to bedazzle a room or call one's eyes to attention.

We are thrilled with the result of our labor, and hope you will be, too. And my motto for this book remains the same as in my first gardening book: *Pour l'avenir*, from the French, meaning "for the future."

Photographs reprinted from *Martha's Flowers: A Practical Guide to Growing, Gathering, and Enjoying,* by Martha Stewart with Kevin Sharkey. Copyright © 2018 by Martha Stewart Living Omnimedia, Inc. To be published by Clarkson Potter/Publishers, an imprint of the Crown Publishing Group, a division of Penguin Random House LLC, on February 27, 2018.

NGOC MINH NGO (PORTRAIT); GABRIELA HERMAN (AZALEAS); JOSÉ PICAYO (POPPIES)



Expert Advice

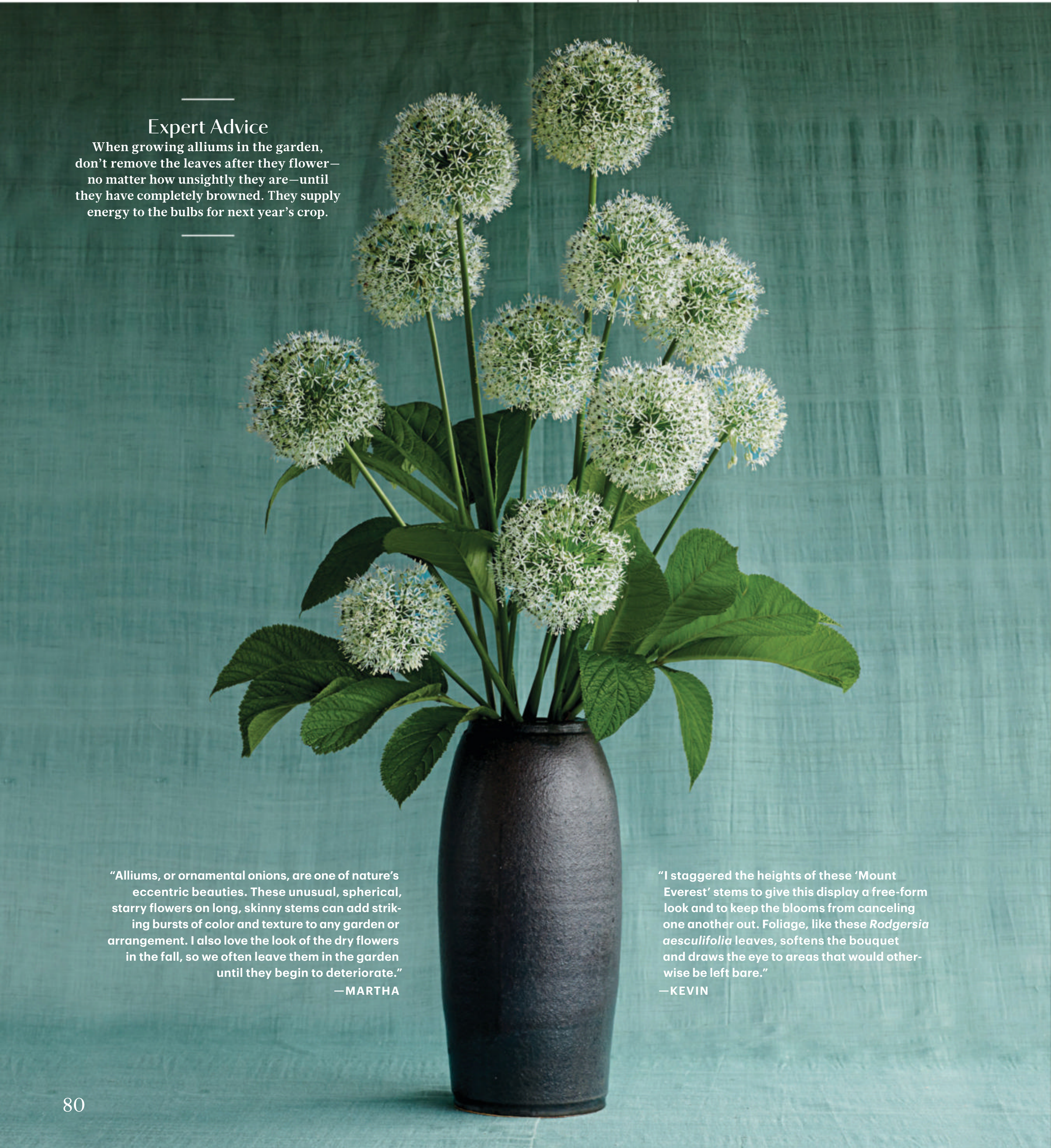
For successive flowering, sow seeds repeatedly from early spring well into late summer. Or, if you're in a mild climate, begin sowing in fall for early-spring germination.

"Poppies have wide single or double cups, with very thin petals that can be fringed, feathered, or splotched. Their palette includes all shades of white, purple, pink, and red, as well as glowing hues, like my favorite, a dark-orange Oriental poppy. The annual varieties often seed themselves the following year, and the perennials, if well-tended, can be expected to live a good, long life."

—MARTHA

"This arrangement celebrates the flower's deeper, darker, more textured nature. I grouped bold-purple 'Lauren's Grape' and 'Black Swan' on one side, and lighter lavender 'Sugar Plum' and pink 'French Flounce' on the other, with a rich-red focal point of 'Drama Queen'. I finished the look with sprigs of smoke-bush leaves and blooms."

—KEVIN



Expert Advice

When growing alliums in the garden, don't remove the leaves after they flower—no matter how unsightly they are—until they have completely browned. They supply energy to the bulbs for next year's crop.

"Alliums, or ornamental onions, are one of nature's eccentric beauties. These unusual, spherical, starry flowers on long, skinny stems can add striking bursts of color and texture to any garden or arrangement. I also love the look of the dry flowers in the fall, so we often leave them in the garden until they begin to deteriorate."

—MARTHA

"I staggered the heights of these 'Mount Everest' stems to give this display a free-form look and to keep the blooms from canceling one another out. Foliage, like these *Rodgersia aesculifolia* leaves, softens the bouquet and draws the eye to areas that would otherwise be left bare."

—KEVIN

"These flowers demonstrate a particularly robust character, and that is why I like to plant many along sunny fences and toward the backs of large gardens. Not only are they perfect for cutting, but when left in the garden, they can ripen into food for wild birds. Many sunflowers are annuals, but they often leave seeds, which can grow the following year into healthy plants."

—**MARTHA**

"It's hard to imagine this vintage Albany slip-glaze pitcher holding anything but sunflowers. I left a few leaves on the stems of this mixed bouquet grown at Skylands, in Maine, to provide welcome touches of bright green."

—**KEVIN**

Expert Advice

Sunflowers bloom even more profusely when regularly deadheaded. Martha attaches some of the cut and dried sunflower heads to garden fences for the birds to eat.

JOSÉ PICAYO (ALLIUMS); NGOC MINH NGO (SUNFLOWERS)

Yogurt, Fruit, and Honey

Mashed Avocado and Egg

wake up TO breakfast

If your morning meal feels like an endless succession of cereal, yogurt, store-bought muffins, or skip-the-whole-thing lattes, here are nine deliciously energizing ways to start the day differently. From quick ideas for weekdays to brunch-worthy weekend options, these rut-busting recipes rise to the occasion.

PHOTOGRAPHS BY NGOC MINH NGO | TEXT BY CATHERINE HONG | RECIPES BY SHIRA BOCAR

Lemony Olive and Cream Cheese

GRAB + go

Tahini, Banana, and Maple Syrup

Creamy Parmesan Oats With Watercress

‹ spring-load YOUR toast

Jam, nut butter, the ever-popular avocado—we're guessing you could use some new topping ideas. Consider this dynamic quartet (clockwise from top left): Greek yogurt, honey, citrus, and berries are tangy and bright; hard-cooked eggs and chives upgrade trusty avo; tahini, bananas, and maple syrup balance nuttiness and sweetness; and cream cheese, olives, and lemon zest deliver hors d'oeuvre–worthy punch.

GO savory

Send your brown sugar on sabbatical and explore another side of oatmeal. Taking a cue from polenta, our Italian-style porridge gets a tantalizing flavor boost from garlic, Parmesan, and a drizzle of olive oil. The sunny-side-up egg adds protein, while fresh greens and briny Peppadew peppers invigorate every spoonful.

GRAB +
go

Scrambled-Egg and Sausage Pocket Pastries

pack SOME protein

Here's a real-food take on the toaster tarts many of us ate during the nutritional dark ages. Stuffed with scrambled eggs, sausage, and cheddar (instead of sugary goo), they're encased in a light, flaky whole-wheat crust. The assembly is straightforward: Roll dough into a large sheet, spoon on mounds of filling, and lay more dough on top. Cut into rectangles with a pizza wheel, crimp the edges with a fork, and bake. Freeze a batch, and you'll always have a hot option on hand.

lighten A luxury

Waffles and syrup can send you rolling right back into bed. But these airy, herby zucchini-and-dill versions will have you leaping into the weekend. Grated Gruyère in the batter offers a smidge of sharpness; the zucchini makes them extra-tender. For full effect, top these crisp-edged pillows with sautéed spinach, smoked salmon, and a dollop of crème fraîche—and imagine that your breakfast nook is a fancy hotel suite.

Zucchini Waffle With Smoked Salmon and Greens

MARIMEKKO OIVA TEAPOT, $89, *US.MARIMEKKO.COM*

Smoothie Parfait

stack YOUR superfoods

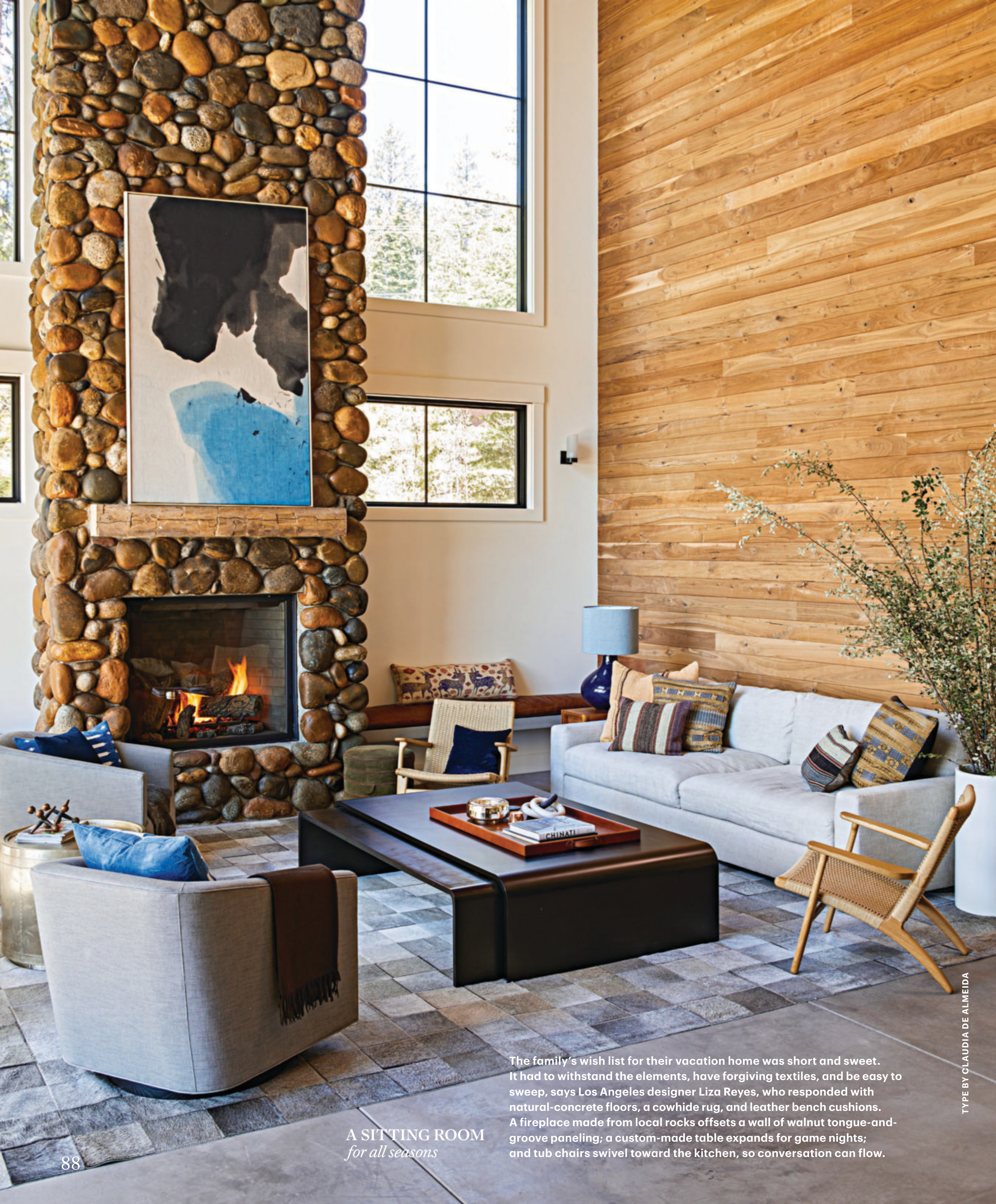
Get up and out with a wellness retreat in a jar—these layers are naturally sweet, creamy, and refreshing, as well as packed with virtuous omega-3 fatty acids, fiber, and calcium. First, make the chia pudding; it's just chia seeds, coconut milk, water, maple syrup, and vanilla, mixed and chilled overnight. Spoon some into the bottom of a jar or glass, followed by a layer of fruit and a blanket of Greek yogurt. Top it with a simple green smoothie (this one's a blend of spinach and mango). You can assemble these up to two days in advance—the morning of, just dig in.

Open-Face Enchiladas With Eggs

spice UP A Sunday

Set this morning glory in the middle of your dining table, and watch the forks fly. Part Mexican enchilada, part Middle Eastern shakshuka, it has crunch (from fried tortillas lining the bottom), heat (jalapeño-spiked salsa), and protein-packed sustenance (black beans and poached eggs). Radishes, scallion, and cilantro counterbalance the dish's heartiness. And if you'd rather read the paper than make your own salsa, go right ahead: Store-bought is fine, too. (We like Frontera.)

ART DIRECTION BY LAURA LUTZ; FOOD STYLING BY SHIRA BOCAR; PROP STYLING BY TANYA GRAFF



A SITTING ROOM
for all seasons

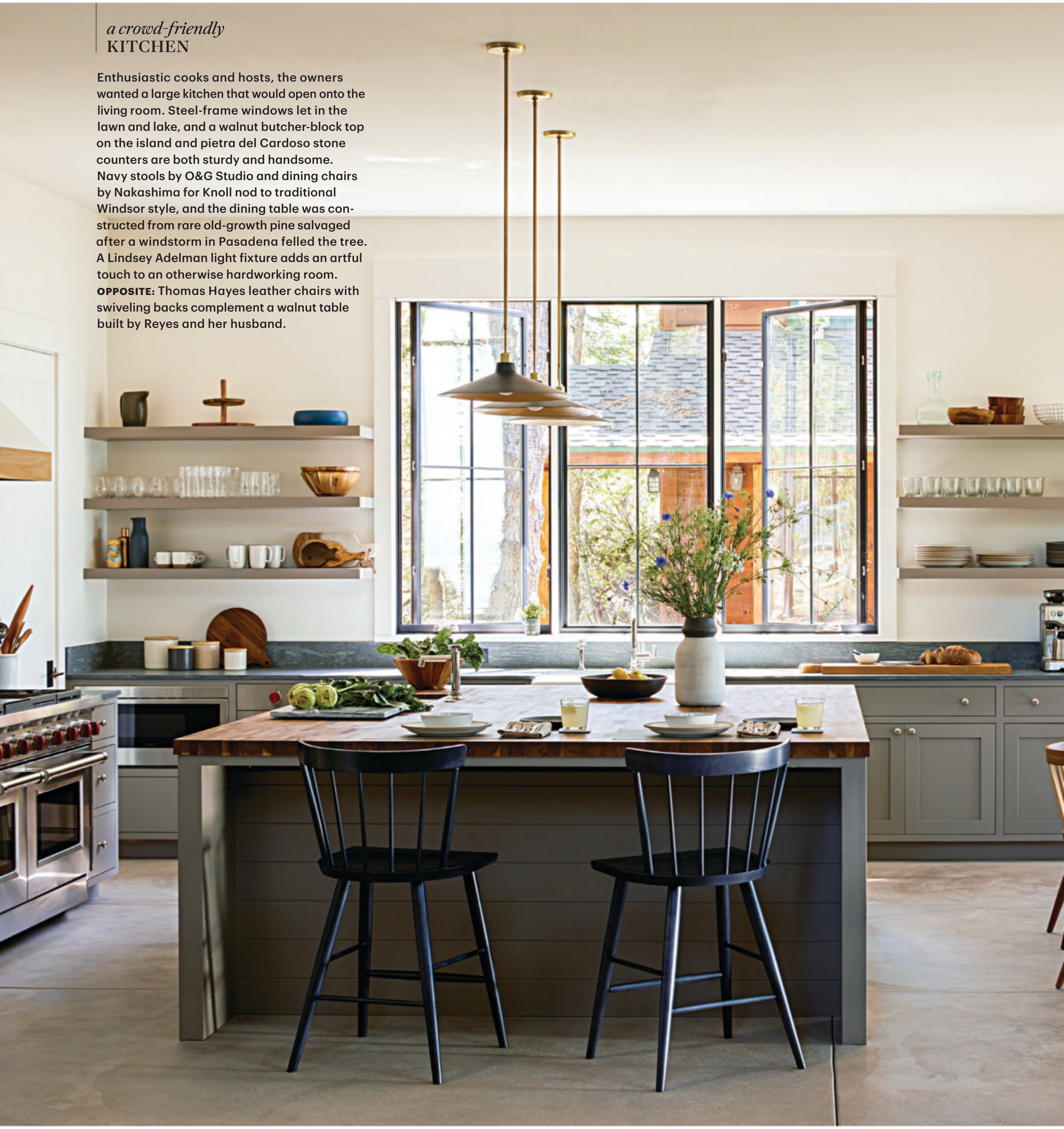
The family's wish list for their vacation home was short and sweet. It had to withstand the elements, have forgiving textiles, and be easy to sweep, says Los Angeles designer Liza Reyes, who responded with natural-concrete floors, a cowhide rug, and leather bench cushions. A fireplace made from local rocks offsets a wall of walnut tongue-and-groove paneling; a custom-made table expands for game nights; and tub chairs swivel toward the kitchen, so conversation can flow.

TYPE BY CLAUDIA DE ALMEIDA

TRUE TAHOE

Tasked with turning a MODERN LAKEFRONT HOME into a comfortable retreat, a designer trained her eyes on THE EXPANSIVE VIEW and focused on the family's SWIM-AND-SKI LIFESTYLE. ***Her strategy:*** Use highly durable materials, honor the dramatic beauty of California, and CREATE FLEXIBLE SPACES with a multigenerational clan in mind.

PHOTOGRAPHS BY ERIC PIASECKI / TEXT BY CHRISTINE LENNON



a crowd-friendly KITCHEN

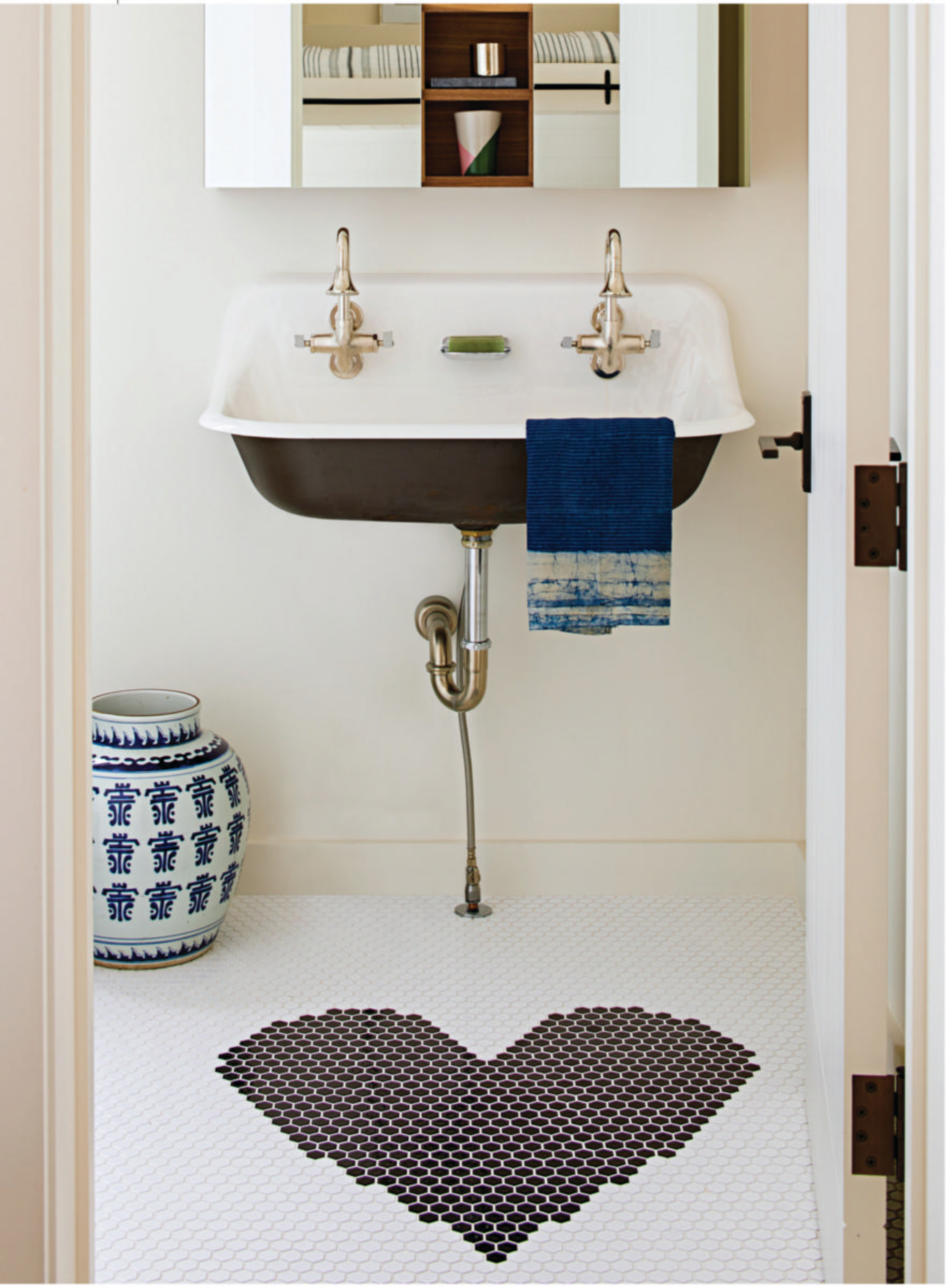
Enthusiastic cooks and hosts, the owners wanted a large kitchen that would open onto the living room. Steel-frame windows let in the lawn and lake, and a walnut butcher-block top on the island and pietra del Cardoso stone counters are both sturdy and handsome. Navy stools by O&G Studio and dining chairs by Nakashima for Knoll nod to traditional Windsor style, and the dining table was constructed from rare old-growth pine salvaged after a windstorm in Pasadena felled the tree. A Lindsey Adelman light fixture adds an artful touch to an otherwise hardworking room. **OPPOSITE:** Thomas Hayes leather chairs with swiveling backs complement a walnut table built by Reyes and her husband.

THE DEEP, COOL WATER IN LAKE TAHOE IS SO famous for its distinct shade of cerulean blue that paint colors have been named after it. Framed by towering pines and giant rocks, it makes for a jaw-dropping tableau. But it also poses unique challenges for an interior designer as meticulous as Liza Reyes, who started working on this north-shore weekend home when the foundation was just being set. “The house is very sensitive to color because of the light and the reflections from the water,” says Reyes. “I spent a lot of time there to see how it changed throughout the day.”

The home’s owners are a Los Angeles couple with two daughters, one in college and one grad, who enjoy the lake year-round, skiing, hiking, swimming, and entertaining. “We had long conversations about how the family would grow in the space,” says Reyes, who responded with weatherproof surfaces (bring on the clunky ski boots and wet swimsuits!), as well as sleek built-ins and clever catalog finds. “Tahoe is not the easiest place to get in and out of,” she explains, so rather than hiring delivery companies to drive pieces from L.A., she relied on shipments from brands like Restoration Hardware, Rejuvenation, and Waterworks.

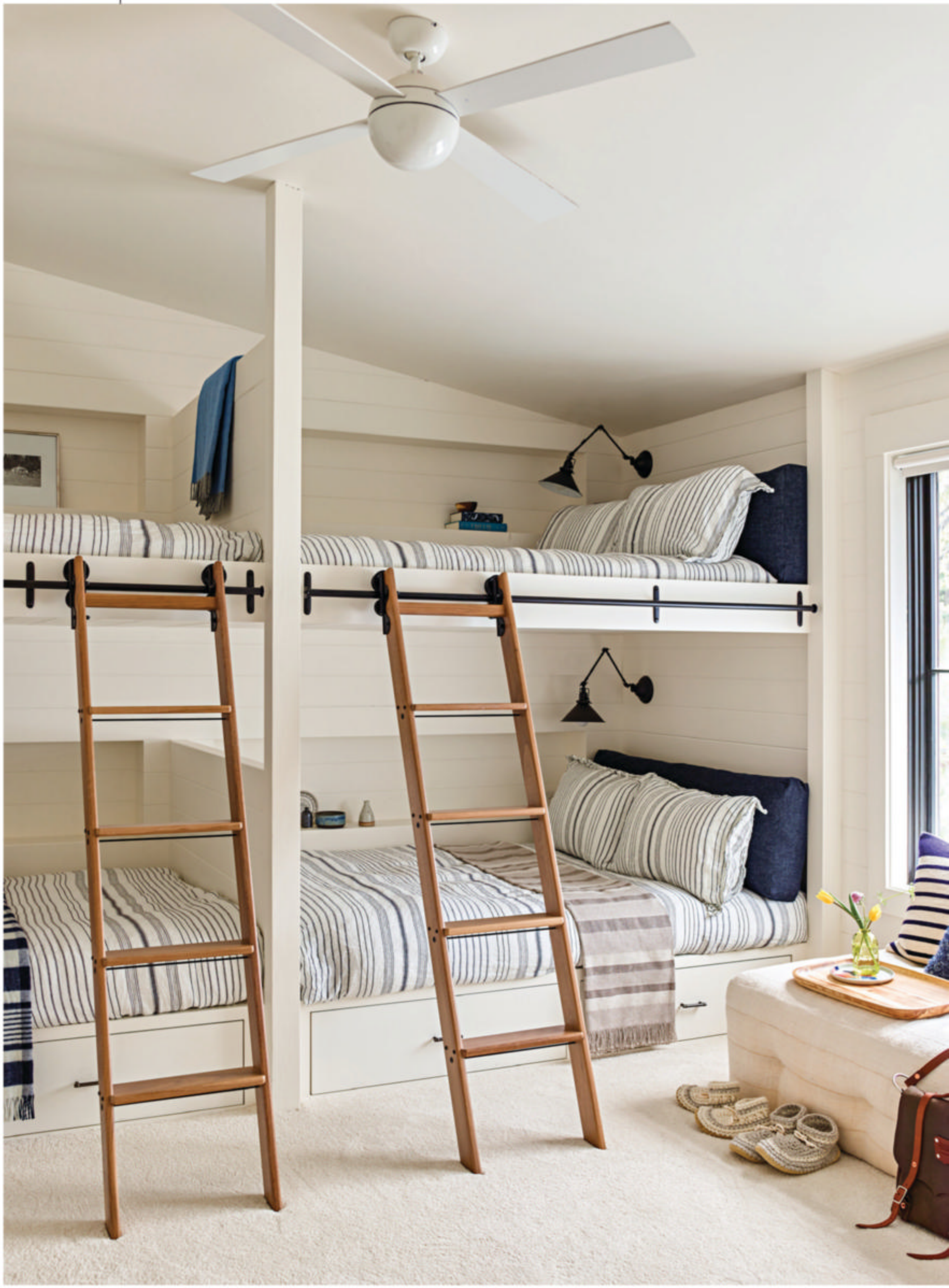
The result is a getaway filled with custom features that check off all the family’s boxes—and a rock-solid gathering place for years to come.

In one of the guest bathrooms, inlaid tiles form a playful graphic heart. When Reyes presented the idea to the owners, they were instantly smitten. A Kohler cast-iron utility sink has double faucets for side-by-side toothbrushing.



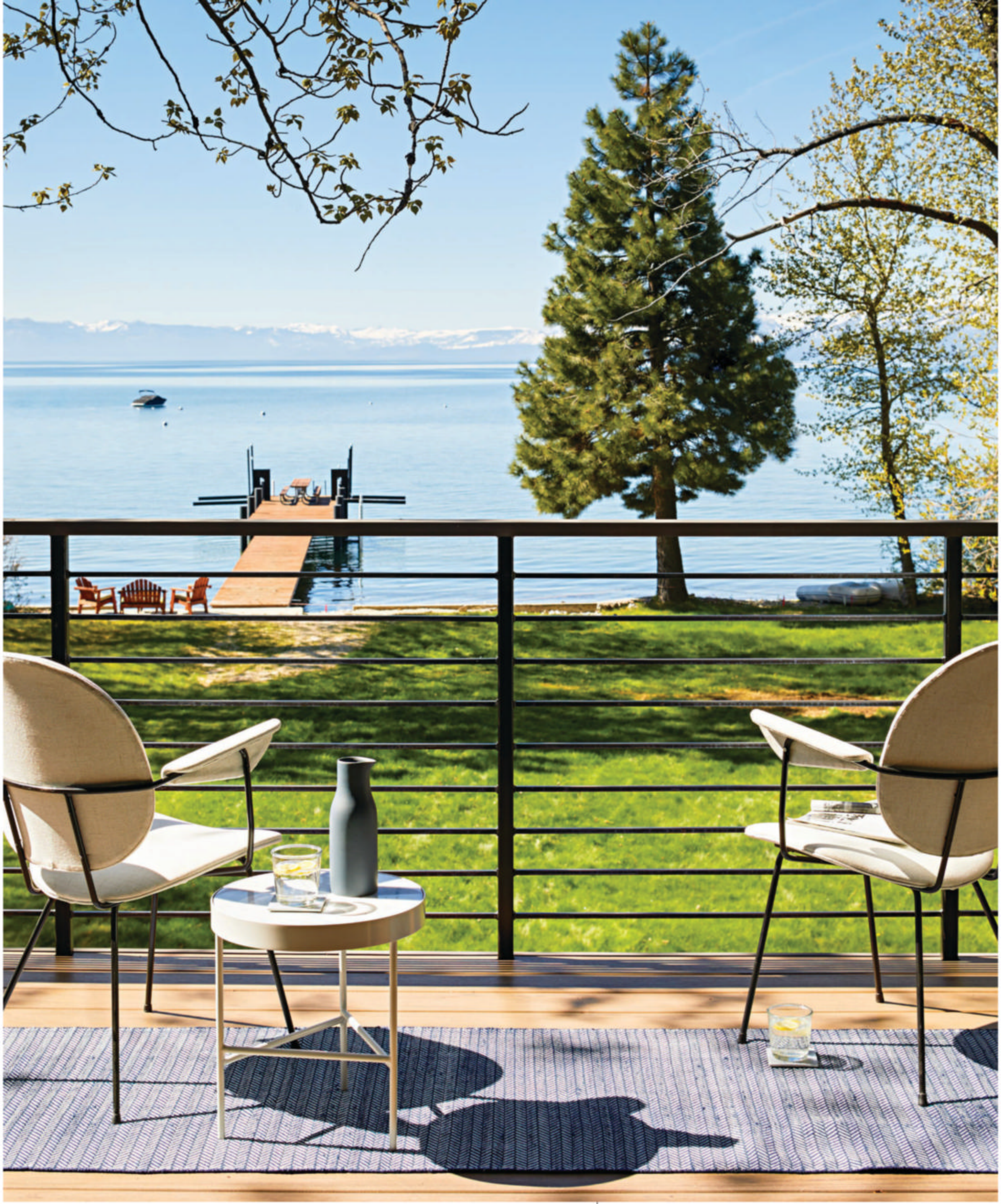
BUNKS
***for a* BROOD**

In anticipation of future grandchildren (and a steady stream of guests until then), the couple installed a family-friendly room for eight. Phone chargers are built into the shelves, and denim bolsters and Rejuvenation library sconces allow easy bedtime reading. Despite the owners' initial hesitation, they're into the white wall-to-wall carpeting. "It's inexpensive, stain-resistant, fluffy, and so cozy," Reyes says.



sleek
STORAGE

Built-in dressers speak to Reyes's make-it-last mentality. The designer punctuates most of her projects with custom millwork, like this walnut piece on the home's second-story landing and the generous drawers under the guest-room bunk beds: "I want things to be classic and modern, but not trendy."



STYLING BY MARTIN BOURNE

a spa-worthy SOAK

Reyes had a graphic-designer friend adjust the tone and color of a Getty Images photo, then got it blown up by Astek Wallcovering, in Los Angeles, for the master bathroom. The tub sits in a Craftsman-inspired walnut apron, and the herringbone floor, "another classic American pattern," is one of Reyes's favorite touches. "With a weekend place, you can think about materials differently," she says. "It doesn't have to be as serious as your full-time home."

A PLACE *to perch*

A high concentration of algae gives Lake Tahoe its famed cobalt hue. Simple Scandinavian chairs by Kembo are positioned on a deck to soak in the surroundings—the distant mountains are snowcapped in winter and spring, and green all summer. But this energetic crew doesn't spend much time lounging when they're here, says Reyes. "They swim and kayak off the dock. This house is built for fun."

The Workbook

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LOVELY LEMONS

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Preserved Lemons

5 to 6 lemons, plus ½ to 1 cup fresh juice (from 4 to 6 more)
¾ cup kosher salt, plus more if necessary
2 cinnamon sticks
½ teaspoon fennel seeds
½ teaspoon coriander seeds
2 fresh bay leaves

1. Stand 1 lemon on its stem end on a cutting board; cut down center as if cutting in half, but stop about ½ inch above stem. Make a perpendicular cut, again stopping about ½ inch above stem, so lemon is quartered but still intact. Holding it over a bowl, spread its four quarters open and pack in as much salt as you can, allowing excess to fall into bowl. (You should be able to pack about 2 tablespoons in.) Place lemon, cut-side up, in a dry, sterile 1-quart glass jar (preferably with a neck narrower than jar) with a lid or a clamp closure. Repeat process with as many lemons as jar will hold. (You may have to add some the next day, when first set of lemons are softer.) Add cinnamon sticks, fennel, coriander, bay leaves, and enough lemon juice to cover. Cover with lid; let stand overnight.

2. Push lemons down in jar with a clean spoon; if you have remaining lemons, add as many as you can now. If necessary, add more lemon juice to completely submerge lemons. Cover with lid, or clamp closed. Place in a dark spot (but do not refrigerate).

3. For the next week, turn and shake jar once a day to redistribute salt. If lemons are no longer submerged, add more juice. Let stand 2 to 3 weeks more before using. Lemons can be refrigerated in jar 2 to 3 months.

ACTIVE TIME: 10 MIN. | **TOTAL TIME:** 10 MIN., PLUS 3 WEEKS TO 1 MONTH
MAKES: 1 QUART

Potatoes With Preserved Lemon, Garlic, and Chiles

2 pounds Yukon Gold potatoes, peeled and cut into 1-inch cubes
⅓ cup plus 1 teaspoon extra-virgin olive oil
Kosher salt and freshly ground pepper
1 large or 2 small jalapeños, sliced into ⅛-inch rounds (about ¼ cup), seeds removed if less heat desired
1 tablespoon finely chopped garlic (from 2 to 3 cloves)
½ small red onion, thinly sliced (½ cup)
1 Preserved Lemon (see recipe, left), chopped (½ cup)
¾ cup packed parsley leaves (flat leaf, curly leaf, or a combination)
¼ cup packed fresh mint leaves
1 teaspoon fresh lemon juice

1. Place potatoes in a large pot; cover with water by 2 inches. Bring to a boil, then reduce heat and simmer until just tender when pierced with the tip of a knife, 5 to 6 minutes. Drain and pat dry.

2. Preheat oven to 425°. Toss potatoes with ⅓ cup oil on a rimmed baking sheet, season with salt, and roast, tossing occasionally, until golden brown and crisp, about 40 minutes. Add jalapeños, garlic, onion, and 7 tablespoons preserved lemon. Cook, tossing once, until onion and jalapeños are softened, about 8 minutes. Season with salt.

3. Meanwhile, toss parsley, mint, and lemon juice with remaining 1 teaspoon oil and remaining 1 tablespoon preserved lemon. Season with salt and pepper. Serve potatoes warm or at room temperature, with herb salad sprinkled over top.

ACTIVE TIME: 25 MIN. | **TOTAL TIME:** 1 HR. 15 MIN. | **SERVES:** 6

Asparagus With Almonds, Goat Cheese, and Basil

⅓ cup coarsely chopped almonds (1½ ounces)
Kosher salt and freshly ground pepper
1 pound asparagus, trimmed
1 lemon
3 ounces fresh goat cheese
1 tablespoon finely shredded fresh basil leaves, plus small whole leaves for serving
¼ cup Creamy Mustard-and-Lemon Dressing (recipe follows)

1. Preheat oven to 350°. Spread almonds in a single layer on a rimmed baking sheet and toast until golden brown and fragrant, 10 to 15 minutes. Let cool completely.

2. Bring a large pot of salted water to a boil. Add asparagus; return to a boil and cook, uncovered, until bright green and tender, 2 to 3 minutes. Drain. Run under cold water to stop cooking; drain again and pat dry.

3. Remove lemon zest in long strips with a vegetable peeler. Slice zest very thinly into strips; you should have about 2 tablespoons (or use a channel zester). Remove remaining peel and pith from lemon; holding fruit over a bowl, cut between membranes, allowing segments to drop in.

4. Arrange asparagus on a platter with cheese. Sprinkle with almonds, zest, lemon segments, and basil. Drizzle with dressing. Season with salt and pepper and serve, garnished with whole basil leaves.

ACTIVE / TOTAL TIME: 20 MIN. | **SERVES:** 4

Creamy Mustard-and-Lemon Dressing

Some recipes call for a raw yolk to emulsify a dressing; this one uses a softly boiled one instead.

1 large egg
1 to 2 lemons
1 tablespoon grainy mustard
½ teaspoon sugar

Kosher salt and freshly ground pepper

½ cup extra-virgin olive oil

1. Place egg in a small saucepan; cover with water by 1 inch. Bring to a boil, then remove from heat. Cover pot and let stand 8 minutes. Run egg under cold water to stop cooking. Peel egg; remove white and reserve for another use. Press yolk through a fine sieve into a small bowl.

2. Meanwhile, remove peel and pith from 1 lemon. Holding fruit over another bowl, cut between membranes, allowing segments to drop in. Squeeze juice from membranes into bowl; discard membranes. Coarsely chop segments (you should have 2 tablespoons). If you don't have 2 tablespoons of juice or segments, use second lemon.

3. Add mustard, lemon juice, sugar, and salt to bowl with yolk. Gradually add oil, whisking constantly until creamy and emulsified. Stir in lemon segments; season with salt and pepper. Dressing can be refrigerated up to 1 week; return to room temperature before using.

ACTIVE TIME: 15 MIN. | **TOTAL TIME:** 25 MIN.
MAKES: ⅔ CUP

Creamy Lemon Pasta With Pistachios

2 lemons

2 slices white sandwich bread

6 tablespoons unsalted butter, room temperature

2 large eggs plus 2 large yolks

2 tablespoons heavy cream

2 cups finely grated Parmesan (4 ounces), plus more for serving

Kosher salt and freshly ground pepper

12 ounces spaghetti

Chopped pistachios and chives (optional), for serving

1. Grate 2½ teaspoons zest from lemons, then remove remaining zest in long strips with a vegetable peeler. Slice zest thinly (or remove zest with a channel zester); set aside. Squeeze 2 teaspoons of juice from 1 lemon (reserve rest of this lemon for another use).

2. In a food processor, pulse bread into very coarse breadcrumbs (you should have 1 cup). Melt 2 tablespoons butter in a small skillet over medium-high heat. Add breadcrumbs and 1 teaspoon grated zest. Cook, stirring, until crumbs are golden and crisp, about 3 minutes. Remove from pan; let cool completely. In a large bowl, whisk together eggs, yolks, cream, cheese, and remaining 1½ teaspoons grated zest.

3. Bring a large pot of salted water to a boil. Add pasta and cook until al dente, about 2 minutes less than package directions. Drain, reserving 1 cup pasta water; add pasta to bowl with cheese mixture. Season with a generous amount of pepper and some salt. Use tongs to toss until pasta is fully coated. Add remaining 4 tablespoons butter and lemon juice; toss until a creamy sauce forms. (If necessary, thin with a little pasta water, 1 tablespoon at a time.)

4. Serve pasta sprinkled with breadcrumbs, pistachios, more cheese, chives, and julienned lemon zest.

ACTIVE TIME: 20 MIN. | **TOTAL TIME:** 25 MIN.
SERVES: 4

Meyer-Lemon and Cardamom Marmalade

Meyer lemons add a bit of floral sweetness you don't always find in marmalades, balancing out the bitterness.

4 Meyer lemons, scrubbed

4 lemons, scrubbed

3 cups sugar (approximately)

4 cardamom pods, crushed

¼ teaspoon kosher salt

1. Remove peel and pith from 2 Meyer and 2 regular lemons. Remove seeds and coarsely chop fruit. Thinly slice remaining 2 Meyer and 2 regular lemons; remove seeds. Combine all lemons in a medium saucepan. Add 2 cups water and bring to a boil, then reduce heat and simmer 5 minutes. Remove from heat. Press parchment directly onto surface and refrigerate at least 8 hours and up to 1 day.

2. Place a few small plates in freezer. Remove parchment from lemon mixture; return to a boil, then reduce heat and simmer until rinds are very tender, 15 to 20 minutes. Measure mixture (you should have about 3 cups), then return to pan. For every cup of mixture, add 1 cup sugar. Add cardamom and salt.

3. Bring to a boil, stirring until sugar has dissolved. Clip a candy thermometer to pan and continue to boil, stirring frequently, until rinds are translucent, mixture has a golden-amber color, and thermometer reads 220°, 15 to 20 minutes. To confirm doneness, drop a spoonful of mixture on a frozen plate; if marmalade has a slight film when pushed with a finger, it's done. If it spreads out and thins immediately, continue cooking and test again after a few minutes. Transfer marmalade to airtight containers and let cool completely. Cover and refrigerate up to 1 month.

ACTIVE TIME: 15 MIN. | **TOTAL TIME:** 1 HR. 5 MIN., PLUS COOLING | **MAKES:** 3 CUPS

Roast Chicken With Lemony Harissa Glaze

Adding lemon rounds in two stages allows for a combination of super-caramelized rounds and fresher bursts of just-cooked juice. If you prefer only caramelized lemons, add them all at the beginning. The harissa-marmalade mixture is added halfway through cooking to prevent the sugars in the marmalade from burning.

4 scallions, trimmed and coarsely chopped (½ cup)

1 tablespoon coarsely chopped garlic (from 2 to 3 cloves)

2 teaspoons grated lemon zest and 1 tablespoon fresh juice (from 1 lemon), plus 1 more lemon, peel and pith removed, cut into ⅛-inch rounds

¼ cup coarsely chopped fresh ginger (from a peeled 2-inch piece)

1 cup packed cilantro

3 tablespoons extra-virgin olive oil

1 tablespoon harissa paste

Kosher salt

1 whole chicken (3½ to 4 pounds)

2 small onions, cut into ¼-inch rounds

⅓ cup Meyer-Lemon and Cardamom Marmalade (see recipe, left) or high-quality store-bought lemon marmalade, coarsely chopped

1. In a food processor, pulse scallions, garlic, lemon zest, ginger, and cilantro until finely chopped. Add oil, harissa, lemon juice, and 1 tablespoon salt; process until a paste forms.

2. Using kitchen shears, remove backbone from chicken. Place, breast-side up, on a cutting board; press down with your hands to flatten. Spread half of paste under and over skin and over cavity side. Arrange onions in a large cast-iron skillet. Place chicken on top, skin-side up. Let stand at room temperature 1 hour, or refrigerate, uncovered, up to 8 hours. (Bring to room temperature before roasting.)

3. Preheat oven to 425°. Arrange half of lemon rounds on chicken. Roast 25 minutes. Combine remaining paste and marmalade; brush chicken with mixture and top with remaining lemon rounds. Roast until a thermometer inserted in thickest part of thigh (not touching bone) reads 155°, about 20 minutes more. Let stand 10 minutes; serve.

ACTIVE TIME: 25 MIN. | **TOTAL TIME:** 2 HR. 15 MIN. | **SERVES:** 4

Meyer-Lemon and Coconut Layer Cake

7 tablespoons unsalted butter, room temperature, cut into pieces, plus more for pans

3 cups unbleached all-purpose flour, plus more for pans

1 cup sweetened shredded coconut

1 cup whole milk, room temperature

4 large eggs, room temperature
1 teaspoon pure vanilla extract
1⅔ cups sugar
1 tablespoon baking powder
1½ teaspoons kosher salt
¼ cup raw unrefined coconut oil (2 ounces), room temperature (solid)
Coconut-Lemon Curd (recipe follows)
Coconut Buttercream (recipe follows)
Candied lemon slices (for recipe, go to *marthastewart.com/candiedlemon*) and fresh mint leaves, for serving

1. Preheat oven to 350°. Butter two 7-by-2-inch round cake pans. Line bottoms with parchment; butter parchment. Dust with flour, tapping out excess. Bake coconut on a baking sheet until dry but not golden, about 10 minutes; let cool completely.

2. Whisk milk into eggs, then whisk in vanilla. Combine flour, sugar, baking powder, and salt in the bowl of an electric mixer fitted with the paddle attachment; beat on medium-low speed 30 seconds. Continue beating while gradually adding butter and coconut oil until mixture is crumbly, about 3 minutes. Slowly add half of milk mixture; increase speed to medium and beat until fluffy, about 1 minute. Slowly add remaining milk mixture, scraping down bowl as needed. Beat until incorporated, 30 seconds.

3. Divide batter between prepared pans; tap pans on counter to release any air bubbles. Bake until golden brown and tops spring back when lightly touched, 50 to 55 minutes. Let cool in pans on wire racks 5 minutes, then turn out of pans, remove parchment, and let cool completely, top-sides up, on racks. For easy splitting, refrigerate 1 hour.

4. Trim tops of cakes flat. Split each cake horizontally into two equal layers. Place a cake layer on a cake plate. Spread ⅔ cup curd evenly over it; top with a second cake layer. Repeat, spreading ⅔ cup curd between each layer. Finish with a cake layer, bottom-side up. Refrigerate cake, wrapped in plastic, at least 1 hour and up to 1 day.

5. Spread 1 cup buttercream over top and sides of cake evenly to create a crumb coat. Refrigerate 15 minutes. Spread remaining 3 cups buttercream over top and sides. Coat sides with coconut. Garnish with candied lemon and mint. Cake can be refrigerated, wrapped in plastic, up to 5 days; return to room temperature before serving.

ACTIVE TIME: 35 MIN. | **TOTAL TIME:** 2 HR. 45 MIN., PLUS COOLING | **SERVES:** 12

Coconut-Lemon Curd

1 cup sweetened shredded coconut
1 cup sugar
1 tablespoon cornstarch
1 teaspoon finely grated lemon zest, plus ½ cup fresh juice (from 2 to 3 lemons)
1 teaspoon finely grated Meyer-lemon zest, plus ¼ cup fresh juice (from 1 to 2 lemons)
½ teaspoon kosher salt
8 large egg yolks
10 tablespoons unsalted butter, cut into pieces

1. Preheat oven to 350°. Bake coconut on a baking sheet until dry but not golden, about 10 minutes. Let cool.

2. In a medium saucepan, whisk together sugar, cornstarch, both zests, and salt. Whisk in egg yolks, then both lemon juices. Add butter and cook over medium heat, whisking constantly, until butter has melted, mixture is thick enough to coat the back of a spoon, and bubbles are forming in center of pan, about 9 minutes.

3. Pass mixture through a fine-mesh sieve into a bowl. Press a piece of plastic wrap directly on surface of curd. Let cool 30 minutes, then refrigerate until very firm and cold, at least 2 hours and up to 3 days. Before using, whisk to loosen, then stir in coconut.

ACTIVE TIME: 25 MIN. | **TOTAL TIME:** 2 HR. 55 MIN. | **MAKES:** ABOUT 2½ CUPS

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Coconut Buttercream

- 5 large egg whites, room temperature
- 1 cup sugar
- ¼ teaspoon kosher salt
- 6 tablespoons raw unrefined coconut oil (3 ounces), room temperature (solid)
- 3 sticks unsalted butter, room temperature, cut into small pieces

1. Combine egg whites, sugar, and salt in the bowl of a stand mixer set over (not in) a pot of simmering water. Whisk constantly until sugar has dissolved, and mixture is warm and feels completely smooth when rubbed between fingertips. Transfer bowl to mixer fitted with the whisk attachment. Starting on low speed and gradually increasing to medium-high, beat until stiff, glossy peaks form, about 2 minutes. Continue beating until bottom of bowl is cool to the touch, about 10 minutes.

2. Reduce speed to medium-low and beat in coconut oil, a few tablespoons at a time, then butter, a few pieces a time, until combined, scraping down bowl as needed. Switch to paddle attachment and beat on low until smooth, about 1 minute more. Buttercream can be refrigerated in an airtight container up to 1 week; return to room temperature and beat until smooth before using.

ACTIVE TIME: 15 MIN. | **TOTAL TIME:** 25 MIN.
MAKES: 4 CUPS

Atlantic-Beach-Tart Bars

This recipe can also be made in one 9-by-13-inch rimmed baking sheet. Line the sheet with parchment after spraying, leaving a 2-inch overhang on the long sides, and use the overhangs to lift the tart out once cold to cut into squares.

- Vegetable-oil cooking spray
- 7 ounces saltine crackers (about 54)
- 1 stick plus 5 tablespoons unsalted butter, melted
- ¾ cup granulated sugar
- 2 large egg yolks plus 1 large egg
- 1 can (14 ounces) sweetened condensed milk (1¼ cups)
- 1 cup fresh lemon juice (from 4 to 6 lemons)
- ¼ teaspoon kosher salt
- Confectioners' sugar, for serving

1. Preheat oven to 350°. Spray two 14-by-4-inch fluted-edge tart pans with removable bottoms with cooking spray. In a food processor, pulse crackers until finely ground (you should have 2¼ cups). Add butter and granulated sugar; pulse to combine. Divide mixture between pans and firmly press into bottoms and up sides. Bake until golden brown, 15 to 20 minutes.

2. Just before removing crusts, whisk together eggs and yolks, then whisk in condensed milk, lemon juice, and salt. Remove baked crusts from oven and carefully divide filling between pans. Return to oven and bake until set, 12 to 15 minutes.

3. Transfer to a wire rack and let cool completely. Refrigerate until cold, at least 2 hours and up to overnight. Remove from pans; dust with confectioners' sugar. Cut into fingers or squares; serve.

ACTIVE TIME: 20 MIN. | **TOTAL TIME:** 3 HR. 30 MIN.
SERVES: 16

WAKE UP TO BREAKFAST

PAGE 82

Yogurt, Fruit, and Honey Toast

- 2 tablespoons Greek yogurt
- 1 slice whole-grain bread, toasted
- 1 clementine, peeled and sliced crosswise
- 3 to 4 raspberries, lightly mashed
- 1 teaspoon honey

Spread yogurt over toast. Top with fruits and drizzle with honey.

ACTIVE/TOTAL TIME: 5 MIN. | **MAKES:** 1

Mashed-Avocado and Egg Toast

- ½ avocado
- 1 hard-cooked egg, chopped
- Kosher salt and freshly ground pepper
- 1 slice whole-grain bread, toasted
- 1 teaspoon minced chives

Lightly mash avocado in a small bowl. Stir in egg and season with salt and pepper. Spread mixture over toast and sprinkle with chives.

ACTIVE/TOTAL TIME: 5 MIN. | **MAKES:** 1

"HEY, WHEATS UP!"
FROSTED just right
CRUNCH in every bite
Kellogg's
Frosted Mini Wheats
ORIGINAL
FROSTED SWEET.
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Lemony Olive-and-Cream-Cheese Toast

- 1 tablespoon cream cheese
- 1 slice whole-grain bread, toasted
- 3 to 4 olives, such as Kalamata, pitted and quartered
- 1 lemon

Spread cream cheese over toast. Sprinkle with olives; finely grate lemon zest over top.

ACTIVE/TOTAL TIME: 5 MIN. | **MAKES:** 1

Tahini, Banana, and Maple-Syrup Toast

- 1 tablespoon tahini
- 1 slice whole-grain bread, toasted
- ½ banana, sliced
- 1 tablespoon pure maple syrup
- Flaky sea salt

Spread tahini over toast. Top with banana and drizzle with maple syrup. Sprinkle with salt.

ACTIVE/TOTAL TIME: 5 MIN. | **MAKES:** 1

Creamy Parmesan Oats With Watercress

- ⅔ cup quick-cooking steel-cut oats, such as McCann's
- 1 clove garlic, grated
- Kosher salt and freshly ground pepper
- ⅓ cup finely grated Parmesan, plus more for serving
- 1 tablespoon extra-virgin olive oil, plus more for drizzling
- 2 large eggs
- ¼ cup Peppadew peppers, sliced
- 1 cup watercress, tough stems removed
- 2 lemon wedges

1. In a small saucepan, bring 2 cups water to a boil. Add oats, garlic, and ½ teaspoon salt. Stir, then reduce heat, cover, and simmer, stirring occasionally, until tender, 5 to 7 minutes. Stir in cheese; cover to keep warm.

2. Heat oil in a medium nonstick pan over medium. Add eggs and cook until whites are set and yolks are still runny, about 3 minutes. Season with salt and pepper.

3. Add water to oatmeal as necessary until creamy. Divide between two bowls; top with eggs, peppers, and watercress. Squeeze lemon wedges over top, drizzle with oil, sprinkle with cheese, and serve.

ACTIVE TIME: 25 MIN. | **TOTAL TIME:** 30 MIN. **SERVES:** 2

Scrambled-Egg and Sausage Pocket Pastries

These can be baked and then frozen for up to a month: Just transfer completely cooled pockets to a resealable plastic bag and freeze. Reheat in a 350° oven for 20 minutes.

- 1¼ cups whole-wheat flour
- 1¼ cups unbleached all-purpose flour, plus more for dusting
- 1 tablespoon sugar
- Kosher salt and freshly ground pepper
- 2 sticks cold unsalted butter, cut into small pieces
- 6 to 8 tablespoons ice-cold water
- 7 large eggs
- 2 tablespoons whole milk
- 12 ounces uncooked breakfast sausage, casings removed
- 1 cup grated sharp cheddar (4 ounces)
- 2 tablespoons minced fresh chives

1. Pulse both flours, sugar, and 2 teaspoons salt in a food processor to combine. Add butter and pulse just until small pieces remain. Add 6 tablespoons ice water and pulse until dough just starts to clump together. Add more water, 1 tablespoon at a time, if necessary.

2. Turn dough out onto a clean work surface; divide in half. Wrap each half in plastic and press to form a flat rectangle. Refrigerate until firm, at least 1 hour and up to 1 day, or freeze up to 1 month.

3. On a lightly floured piece of parchment, roll out each piece of dough into a 10-by-14-inch rectangle. Refrigerate until firm, about 30 minutes.

4. Meanwhile, whisk together 6 eggs, milk, ¼ teaspoon salt, and ⅛ teaspoon pepper. Heat a large nonstick skillet over medium-high. Add sausage and cook, turning occasionally and breaking into small pieces with a wooden spoon, until browned, about 8 minutes. Using a slotted spoon, transfer to a bowl. Remove all but 1 tablespoon fat from pan, reduce heat to medium, and add egg mixture. Cook, stirring, until eggs are soft and just set, 2 to 3 minutes. Remove from heat, sprinkle with cheese and chives, and stir in sausage. Let cool slightly.

5. Preheat oven to 425° with racks in upper and lower thirds. Transfer one rectangle of dough on parchment to a baking sheet. Arrange filling into nine 2½-by-3½-inch rectangles on dough (in a 3-by-3 grid), leaving a 1-inch border all around. Whisk remaining egg; brush borders between filling with egg wash. Top with remaining rectangle of dough. Using the sides of your hands, gently press dough to seal egg-wash grid. Using a pizza cutter, cut into 9 rectangles.

6. Divide pockets between 2 parchment-lined baking sheets. Use a fork to score edges of each pastry. Brush tops with egg wash, then dock a few vents in top crusts with fork. Season with pepper. Refrigerate until firm, 15 minutes.

7. Bake, rotating sheets once, until golden brown, about 30 minutes. Let cool slightly before serving.

ACTIVE TIME: 55 MIN. | **TOTAL TIME:** 1 HR. 25 MIN., PLUS COOLING | **MAKES:** 9

Zucchini Waffle With Smoked Salmon and Greens

The secret to a tender (not gummy) waffle is to cook it all the way through. The cooking time will vary based on your waffle iron; shoot for a moderate heat and cook until golden brown and crispy. Then test the first waffle by slicing into the center: It should look fluffy!

- **2 medium zucchini (each 9 ounces), coarsely grated**
- **Kosher salt and freshly ground pepper**
- **1 tablespoon extra-virgin olive oil**
- **1 clove garlic, smashed**
- **10 ounces baby spinach**
- **½ cup unbleached all-purpose flour**
- **1 teaspoon baking powder**
- **2 large eggs, lightly beaten**
- **½ cup finely grated Gruyère**
- **2 scallions, trimmed and thinly sliced (¼ cup)**
- **2 tablespoons chopped fresh dill, plus sprigs for serving**
- **Vegetable-oil cooking spray**
- **¼ cup crème fraîche or sour cream**
- **4 ounces thinly sliced smoked salmon**

1. Sprinkle zucchini with 1 teaspoon salt; toss to coat. Transfer to a colander and let stand 10 minutes. Meanwhile, heat oil and garlic in a medium skillet over medium-high until garlic begins to sizzle. Add spinach and cook, tossing, until wilted, 2 to 3 minutes. Season with salt and pepper.

2. Preheat a waffle iron to medium. In a large bowl, whisk together flour and baking powder. Squeeze zucchini dry in a large potato ricer or a clean kitchen towel; transfer to a bowl. Stir in eggs, cheese, scallions, and dill. Pour over flour mixture and gently stir to combine. (Batter will be very thick.)

3. Spray waffle iron with cooking spray. Spoon one-quarter of batter (about ½ cup) into center; spread into a 5-inch circle and close. Cook until golden brown and crisp, 7 to 9 minutes. Transfer directly to the rack of a 200° oven to keep warm while cooking remaining waffles. Serve warm, with spinach, crème fraîche, and salmon, sprinkled with dill sprigs and pepper.

ACTIVE TIME: 30 MIN. | **TOTAL TIME:** 55 MIN. | **SERVES:** 4

Smoothie Parfait

You can substitute your own favorite smoothie ingredients in step 2.

- **1 cup light or whole coconut milk**
- **1 tablespoon pure maple syrup**
- **¼ teaspoon pure vanilla extract**
- **3 tablespoons chia seeds**
- **¾ cup frozen mango chunks**
- **½ cup packed baby spinach**
- **1 cup chopped fruit, such as strawberries, blueberries, and pineapple**
- **1 cup Greek yogurt**

1. Combine coconut milk, 2 tablespoons water, maple syrup, and vanilla in a Mason jar or bowl. Stir in chia seeds until well combined. Cover and refrigerate until thickened, at least 2 hours and up to 5 days.

2. Combine mango and spinach in a blender with ½ cup water; blend until smooth.

3. Spoon ¼ cup chia pudding, then ¼ cup chopped fruit, then ¼ cup yogurt, and finally ¼ cup green smoothie into another Mason jar or a travel mug. Serve, or refrigerate overnight.

ACTIVE TIME: 20 MIN. | **TOTAL TIME:** 2 HR. 20 MIN. **MAKES:** 4

Open-Face Enchiladas With Eggs

You can use 2½ cups store-bought salsa instead of making your own; in that case, begin the recipe at step 3.

- **1½ pounds plum tomatoes**
- **1 medium white onion, cut into quarters**
- **2 jalapeños**
- **2 cloves garlic**
- **Kosher salt and freshly ground pepper**
- **¼ cup coarsely chopped cilantro, plus more chopped and whole leaves for serving**
- **¼ cup safflower oil**
- **6 corn tortillas**
- **1 can (15 ounces) black beans, drained and rinsed**
- **6 large eggs, room temperature**
- **3 radishes, thinly sliced**
- **1 scallion, trimmed and thinly sliced**

1. Heat broiler with rack in top position. Place tomatoes, onion, jalapeños, and garlic in a single layer on a rimmed baking sheet. Broil, rotating sheet and flipping vegetables frequently, until blistered and slightly softened, 6 to 8 minutes. (If garlic is browning too quickly, remove it early.) Move oven rack to center and reduce oven temperature to 400°.

2. Discard garlic skins and jalapeño stems (for a mild salsa, remove seeds as well). In a food processor, pulse garlic and vegetables until coarsely puréed. Season with salt and pepper; pulse just to combine. Add cilantro; pulse to combine. Salsa can be stored in an airtight container in refrigerator up to 3 days.

3. In a 12-inch ovenproof skillet, heat oil over medium-high. Once hot, add 2 tortillas and fry, turning once, until they begin to brown and crisp, about 10 seconds per side. Transfer to a paper towel-lined plate.

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Fry remaining tortillas in two more batches. Reduce heat to medium; add 2½ cups salsa to skillet. (It will splatter slightly.) Cook until bright red and slightly reduced, about 1 minute. Add beans; cook 1 minute more. Transfer mixture to a heatproof bowl.

4. Line bottom of skillet with tortillas; top with salsa-bean mixture. Make 6 wells in mixture with the back of a spoon. Crack 1 egg into each well. Transfer to oven; cook until whites are just set but yolks are still runny, 10 to 12 minutes. Sprinkle radishes, scallion, and cilantro over top; serve.

ACTIVE TIME: 35 MIN. | **TOTAL TIME:** 55 MIN.
SERVES: 6

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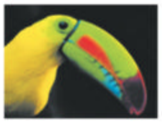

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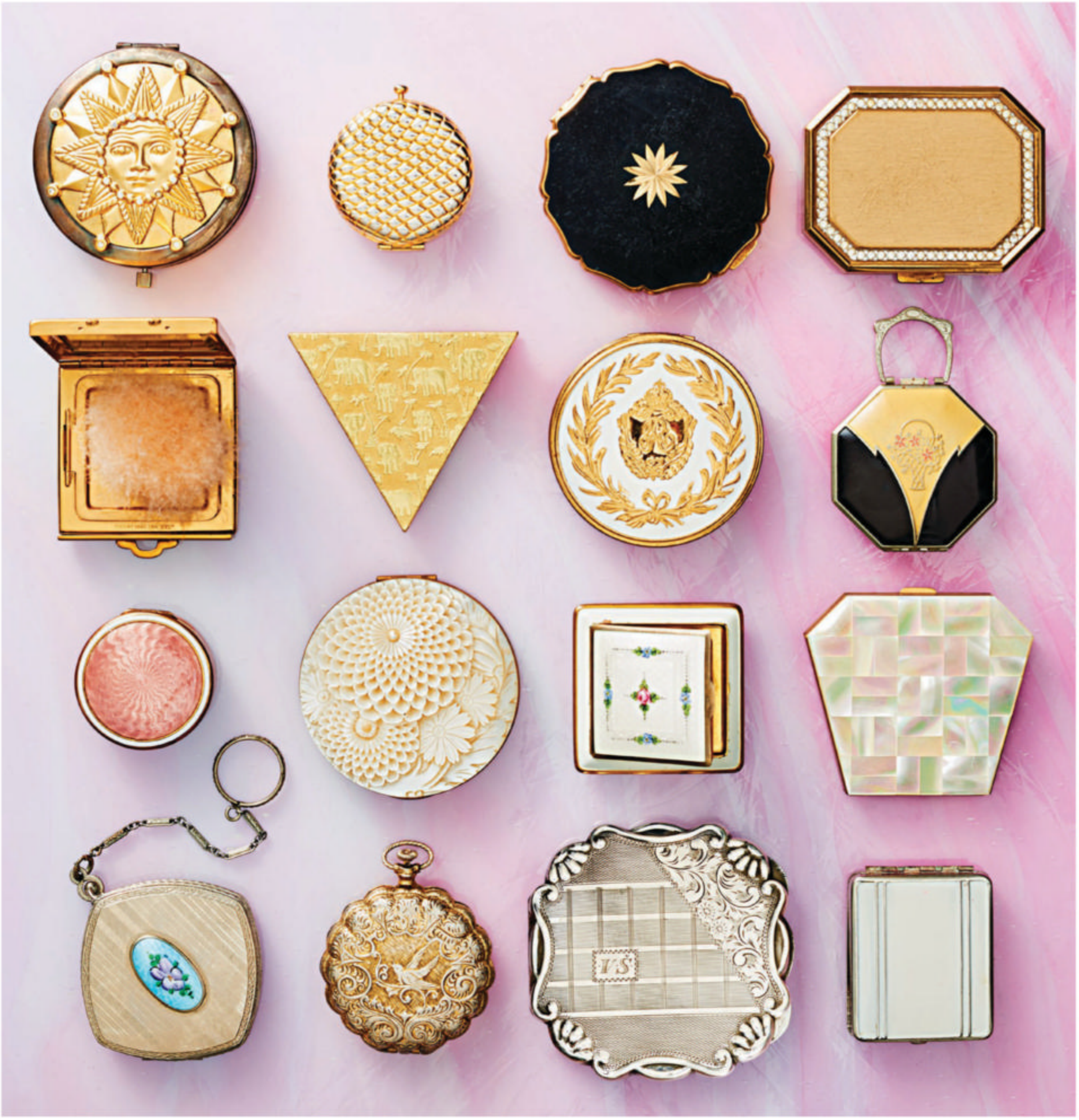

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